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# CHÂTELAINE

WOMEN AND WEED
THE PINKING OF POT
P 77

## Easy as Pie

RASPBERRY, BLUEBERRY, PEACH AND CHERRY

*Light, flaky pastry*
P 103

*Quick* **KITCHEN STYLE** *Updates*

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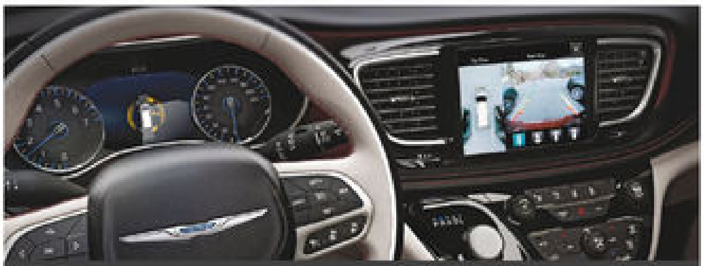

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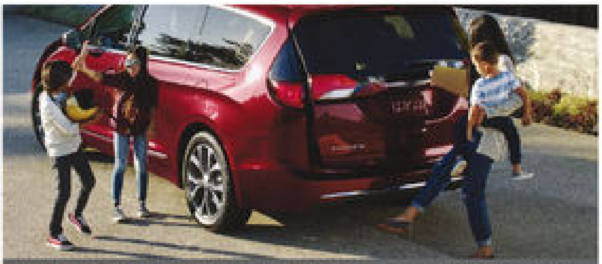

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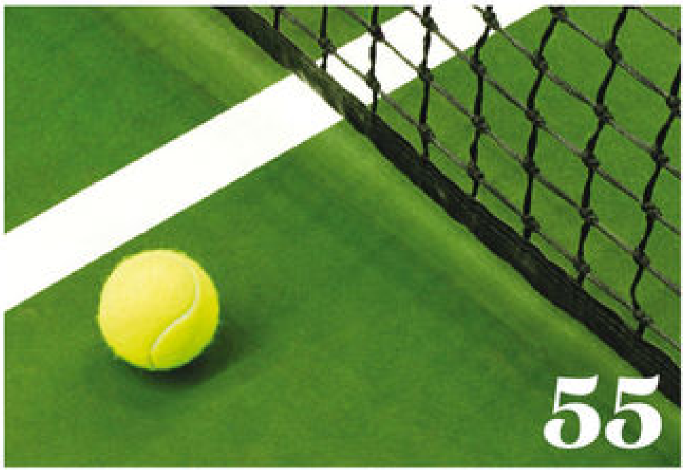

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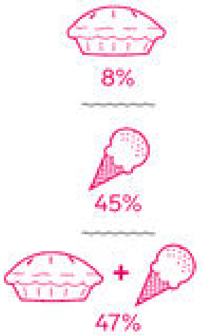


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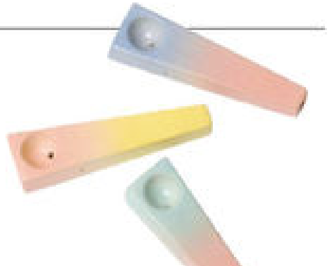

No, this is not a kazoo. p 77


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**88**
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Make the most of the warm weather with camping recipes that are a cinch to prepare over a campfire (or in your kitchen).

**100**
**Flake out**
Create your own delicious pie combos using foolproof mix-and-match recipes for crusts and fillings.


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We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at **testing@chatelaine.com.**

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# Back to basics

Recently, I took a weekend trip with five friends I've known since grade school to celebrate the fact that we all turn 40 this year. It was next to impossible to organize, given the schedules involved, and, as usual, the same two people ended up doing all of the work (as usual, I was not one of them). But in the end, it was everything I'd hoped it would be: lounging in matching bathrobes, over-sharing about kids, relationships and ominous body changes, and killing ourselves over objectively not-that-funny things that happened more than 25 years ago. It felt a lot like a yogurt commercial, but with more wine, carbs, squabbling over sleeping arrangements and affectionately deployed insults.

You may have friends like this in your life. These are not the ones who turn up in your regular routine. In fact, you're lucky if you can find time for a couple of group breakfast catch-ups a year. But they know you in a way that no one else does. They remember when you got your braces (shudder). They remember detentions and menstrual snafus in swim class and the time at camp when you tipped the canoe and drenched everyone's sleeping bags. They remember the songs and the celebrity obsessions. They had front-row seats to your failed experiments with love and alcohol and fashion (I'm talking to you, suspenders) as well as some of your hard-won moments of glory. Teenage years can be mortifying in a thousand different ways, and this group recalls yours with a mix of warmth and—let's be honest—glee at your expense. They love you without thinking about it (although, having grown up in an era of grunge and irony, my particular friends would never say it). And after all the years—through weddings, kids, heartbreaks and career changes—they remind you of the part of yourself that doesn't change, that remains untouched by the external trappings of becoming a grown-up.

At the end of our weekend away, what really stuck with me is what a privilege it is to have these women, and our shared history, in my life. When we're together, it's as though we're 12 years old again—but also 19 and 26 and 33 and now 40. With any milestone birthday, there is an expectation that you'll spend time taking stock and re-evaluating your priorities (in this month's issue, Danielle Groen explores this very thing as it relates to work in "The Mid-Career Drift," page 68). Major life changes—or even minor life adjustments—are always hard, not only emotionally but practically. We are always looking for clarity. One effective way to find it, I've realized, is to surround yourself with people who know you for what you've always been: a work in progress.

*Lianne*

**Lianne George**
*letters@chatelaine.rogers.com*

MISCELLANEOUS THINGS WE LEARNED THIS MONTH

S'mores taste even better in a skillet.
P 94

A trick move to prevent manicure chippage.
P 26

Why more women are discovering marijuana at mid-life. P 77

The average cost of a major kitchen reno in Canada. P 42

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# notebook

*What to read, watch, do and love this month*

With notes of caramel and apple!

*Maison Margiela Replica fragrance in Funfair Evening, $125, sephora.ca.*

FIRST THING

## Take a ride

There's no better place to enjoy one last summer hurrah than an old-school midway. Whether yours is a small-town fair or the nation's largest, you'll recognize the spinning rides, deceptively challenging games and pink-mouthed kids mowing cotton candy. A whopping 1.6 million people hit the Canadian National Exhibition in Toronto last year—a sign of our enduring appetite for (relatively) cheap thrills.

*Canadian National Exhibition, August 19 to September 5, theex.com.*

*photograph* GREGG SCOOTER KOREK

**Age** 32
**Occupation** Co-founder and chief executive officer of Eve Medical
**Hometown** Sarnia, Ont.
**Loves** Podcasts; discovering new foods; her cat, Bumbum

MS. CHATELAINE

# Jessica Ching

This Toronto-based industrial designer didn't need a medical degree to invent a test that could save women's lives

*By* ALEXANDRA GATER

Very few people enjoy visiting the gynecologist: the stirrups, the cold speculum, the swabbing. Jessica Ching knew this, but she didn't realize just how many women outright avoid going for Pap tests until she was on a coffee date many years ago with a few close friends. Most had never had one, even though they'd been sexually active for years. "It comes down to 'It's really awkward,'" she says. "That's such a bad reason to not do something that could potentially save your life." So Ching set out to design a self-testing kit for chlamydia, gonorrhea and HPV (a potential cause of cervical cancer), eliminating the need for a doctor's visit.

Ching, who studied political science and international development at McGill University before heading to Toronto's OCAD University to study industrial design, devoted her final thesis project at OCAD to women's health, and—along with her research partner, Nancy Seto—spent months interviewing sources about their Pap experiences. Unsurprisingly, the speculum was widely reviled, but the pair discovered more systemic barriers that limit women's access to clinics, like not having a family doctor, adequate child care or, frankly, time. "A third of Canadian women don't get screened regularly," Ching says.

Ching designed the Eve Kit, a device that resembles a tampon with a handle and allows women to take their own samples at home. In school, the test was just a prototype, but with encouragement from her former thesis supervisor, Ching co-founded Eve Medical in 2010 with her husband, Evan, as a way to market her invention. This summer, the $85 kit—now approved by Health Canada and deemed a "viable option for overcoming [barriers] to STI screening" by researchers at McMaster University—will be available for pre-order on Indiegogo. Women can then mail their swabs to Eve Medical, where the company's lab will process the tests and post the results online (under a private account) within a week. Don't have a doctor? Eve Medical's partner physicians can explain the diagnosis over the phone.

Ching's goal is to test five million women globally within five years and allow doctors to focus more on patient counselling and follow-up care. "We don't want to be separate from the health care system," she says. "We want to be a complement that helps bring people back into the fold." Ching, dubbed the "creative one" in a family of scientists, admits that starting her own company has been challenging, but her drive to make a difference continues to push her forward. "If I thought this was frivolous," Ching says, "I would've given up a long time ago."

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*photograph* SIAN RICHARDS

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THE CHECKLIST

# Five things on our radar this month

MUSIC

## COMEBACK CORNER

**Name**
Gwen Stefani

**You know her as**
the ex–No Doubt frontwoman.

**You've confused her with**
Lady Gaga en route to the gym.

**You barely thought about her till**
she showed up as a coach on *The Voice*.

**And then again when**
she split from Gavin Rossdale and turned up in tabloids with her new beau, Blake Shelton.

**Now she's back**
touring her new solo album — with Eve!

**Bonus trivia**
Stefani plays Toronto Aug. 4 — two days after Rossdale performs with his band, Bush, in nearby Niagara Falls.

**Odds of success**
7/10

FILM

## She's the boss

Viola Davis has turned her take-no-prisoners attitude into a personal signature, from her bravura performance as powerhouse defence attorney Annalise Keating in *How to Get Away with Murder* to her off-camera indictments of racism and shade-ism in Hollywood. That boss approach serves her well in this month's wildly anticipated *Suicide Squad* (in theatres Aug. 5), in which Davis commands a crew of semi-rehabilitated super-villains.

*Suicide Squad* premieres Aug. 5.

FILM

## The many faces of Meryl

In *Florence Foster Jenkins* (out Aug. 12), Meryl Streep plays an early-20th-century socialite with a misguided belief in her own operatic talents. It's yet another Streep performance that will leave you in tears (of hysterical laughter).

Julia Child
*Julie & Julia*

Miranda Priestly
*The Devil Wears Prada*

Susan Orlean
*Adaptation*

Margaret Thatcher
*The Iron Lady*

Sophie
*Sophie's Choice*

ART

## Seventh heaven

A celebration of Group of Seven member Lawren Harris, *The Idea of North* brings over 30 of the artist's paintings to the Art Gallery of Ontario (through Sept. 18). All jewel-toned blues, his chilly Canadian landscapes have an austere grace, one that takes on a new dimension Aug. 31 to Sept. 10, when the National Ballet of Canada debuts a new Harris-inspired performance inside the gallery. Fun fact: Comedian and Harris collector Steve Martin co-curated the show.

TV

## Can't stop the beat

Set between the last days of disco and the birth of hip hop, *The Get Down* (Aug. 12 on Netflix) captures underground culture in the late-'70s Bronx. It's creator Baz Luhrmann's first foray into TV, and he puts the music centre stage à la *Moulin Rouge*.

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THE BIG READ

# Collateral damage

In Zoe Whittall's nuanced new novel, *The Best Kind of People*, a celebrated teacher and father is accused of sexual assault, leaving his family to deal with the complicated truth about the man they love

*By* RACHEL GIESE

In WASPy small-town Connecticut, George Woodbury is a bona fide hero. Ten years ago, at the local prep school where he teaches science and mentors students, he tackled a gunman roaming the halls and rescued the children, including his daughter, Sadie. Ever since, the father and respected scion of a prominent family has been unanimously voted "Teacher of the Year."

George's decade-old heroics open Zoe Whittall's assured and compelling new novel, *The Best Kind of People*, but the action then pivots to a current-day confrontation. Two detectives arrive with a warrant and handcuffs at George's home late one Sunday night. Several girls at his school have accused him of rape, and he is swiftly arrested and imprisoned.

Though his crimes are central to the story, from that point on, George becomes a minor character. Instead, Whittall narrows in on Sadie, now a high school senior, George's wife, Joan, a trauma nurse, and their son, Andrew, a lawyer who lives in New York with his boyfriend. Furious, grieving and shattered, the three of them are also bound to George through love and history. Over the course of a year, while George awaits trial, Joan and the children grapple with their feelings of loyalty and betrayal. It's impossible to accept that George is guilty—"There were no signs," Joan tells her sister. "He didn't act like a pervert"—but, given the evidence, it's just as difficult to convince themselves that he is innocent.

***While delving into such charged subject matter, Whittall sidesteps easy conclusions about sex, power and consent.***

Whittall, an award-winning Toronto author (*Holding Still for as Long as Possible*) and TV writer (*Degrassi*), doesn't dwell on the details of George's crime. She's far more interested in examining the culture that creates and sustains sexual violence, like the persistent myth that "nice guys" can't be rapists. She's a sensitive observer of how these sorts of high-profile cases play out, creating vivid scenes of a resentment-fuelled meeting of men's-rights activists; a tragic gathering of wives of criminal offenders; a gossipy, slut-shaming crucible of a high school party. Sadie, a schoolmate of her dad's accusers, feels particularly deftly rendered. Like all teenage girls, she is alternately defiant and vulnerable, wishing she could get over the "awkward in-between feeling" of "being ugly in the body that is probably the most beautiful [she] will ever have."

While delving into such charged subject matter, Whittall sidesteps easy conclusions about sex, power and consent. Andrew, who seduced a 25-year-old teacher when he was 17, debates Sadie about whether the girls may have actually wanted to have sex with George. Not every situation is black and white, he says. "I think men always think that," she shoots back. But Sadie herself harbours sexual fantasies about her boyfriend's stepfather, an opportunist who's writing a ripped-from-the-headlines thriller about her father's case. He's not a rapist, but he's a predator of another sort. Nuanced to the end, Whittall's novel achieves something that's rare in real-life cases of sexual violence. She gives a voice to the ones we never hear from: those who are collateral damage. Ⓒ

*The Best Kind of People*, Zoe Whittall, $23.

## New on the shelves

• A single mom takes her kids on an Alaskan RV adventure in Dave Eggers' ***Heroes of the Frontier*** **($35)**.

• A family saga unfolds on a tiny island off the coast of Sicily in Catherine Banner's ***The House at the Edge of Night*** **($33)**.

• Dust bowl Oklahoma is the setting for romance in ***I Will Send Rain*** **($37)** by Rae Meadows.

• In ***Scream: A Memoir of Glamour and Dysfunction*** **($32)**, Tama Janowitz contemplates life after she ruled New York City's literary scene in the 1980s.

• Jeffrey Toobin takes on the original case of Stockholm Syndrome in ***American Heiress: The Wild Saga of the Kidnapping, Crimes and Trial of Patty Hearst*** **($39)**.

• Comedy writer Jessi Klein reflects on aging, *The Bachelor* and the irritating allure of Anthropologie stores in ***You'll Grow Out of It*** **($32)**.

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ASK AN AUTHOR

# Tig Notaro

On really bad years, unexpected happiness and the hilarity of near-death experiences

*By* KATIE UNDERWOOD

"Good evening, hello! I have cancer, how are you?" That's how comedian Tig Notaro opened her career-making stand-up set in 2012, just nine days after learning her diagnosis. In her new memoir, *I'm Just a Person*, Notaro dissects the worst four months of her life and reflects on how laughing kept her sane.

**Your mother died in a freak accident, you went through a breakup and you were diagnosed with breast cancer, all in the same year. Did you ever expect life to completely pull the rug from under you?** I used to think, wrongly, "Oh, I'm not going to have cancer." I thought my mother would be an old woman that I'd care for. But, on the other hand, I didn't see myself having the crazy success that I've had. I didn't see myself getting married. Everything is nothing that I imagined, and not just the bad—the good as well.

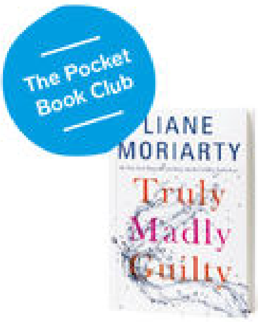
**And your wife is expecting twins, too! Was it strange to revisit all the bad, now that your life is so good?** Yeah, but those stories still follow me around. The book has been a slow process of writing about my childhood and raking through all the moments when everything fell apart. I have the opportunity to speak about my present life, and I try not to brag too much, but I have euphoric feelings [about it] near daily.

**I don't mean this disparagingly, but this book was not as funny as I thought it was going to be. Was it hard for you to be vulnerable without cracking wise?** I don't ever feel the pressure to be funny; I just want to have a real exchange.

**But many of us have this weird tendency to laugh when things are going badly, even if it's wildly inappropriate.** It's just that release of tension. When I came up with the idea to open my set with "Hello, I have cancer," I started laughing hysterically.

**Comics often use humour to obscure vulnerability, whereas in that set, you used humour to amplify it.** When you've lost everything, it becomes easier to act like, "Well, I have nothing to lose." And even though I have such a love for stand-up, I also think there was something in me that was probably asking for help. But I wouldn't change a thing, and I'd do it again. Though I hope I don't have to do it again.

*I'm Just a Person*, Tig Notaro, $34.




## Truly Madly Guilty

*Liane Moriarty, $35*

**In brief**
Three seemingly happy Aussie families gather for a backyard barbecue where something goes horrendously wrong.

**Themes**
Marriage; sex; trauma; difficult friendships; the secret lives of suburbanites.

**What to serve**
Barbecued shrimp kebabs.

**Playlist pick**
"Truly Madly Deeply" by Savage Garden.

**Opening question**
"How does each character manifest his or her guilt?"

**Bonus trivia**
Moriarty's 2014 bestseller, *Big Little Lies*, is currently being adapted for an HBO miniseries starring Laura Dern, Nicole Kidman and Reese Witherspoon.

**Mood Meter**

## 3's A TREND

TREKKING

*The Hike*, Drew Magary, $35.

*In a Dark, Dark Wood*, Ruth Ware, $25.

*The Path of Most Resistance*, Russell Wangersky, $20.

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gentle scent
Aveeno.
ACTIVE NATURALS.
skin relief moisturizing
lotion
coconut
gentle scent
Aveeno.
ACTIVE NATURALS.
SKIN RELIEF
body wash
coconut
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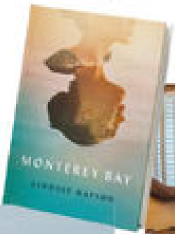
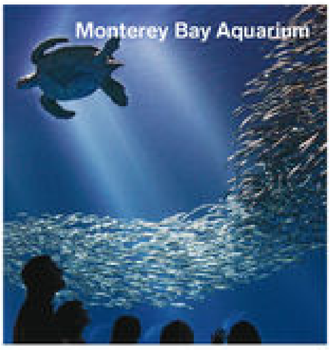
A NOVEL TAKE ON

# Monterey



**The inspiration**
*Monterey Bay*,
Lindsay Hatton, $36.

Portola Hotel



Monterey Bay Aquarium

Long before she started writing her debut novel, Monterey native Lindsay Hatton knew it would take place on California's craggy coast. "Monterey is lush and rugged and welcoming and forbidding all at once," she says. That tension cuts through *Monterey Bay*, wherein a spirited young woman's romance with a hard-drinking marine biologist unfolds against the backdrop of the creation of the famous Monterey Bay Aquarium and America's entry into World War II. — **Danielle Groen**

Restaurant 1833

**Stay**
The waterfront **Portola Hotel** offers plenty of Instagram-worthy views of the harbour, but other luxuries abound — like cookies on arrival, bottomless mimosas at breakfast and an outdoor hot tub for a post-hike (or post-bottomless-mimosa) soak. *Rooms from $235, portolahotel.com.*

**Eat**
Grab a table in **Restaurant 1833**'s front courtyard, where you'll be flanked by the 1840s adobe building, a 150-year-old oak tree and four (four!) firepits. Lamb baby back ribs are a standout, but if you're with a crowd, spring for the whole suckling pig. Hatton satisfies her sweet tooth at **Red's Donuts:** "It's been there since I was a kid, and it hasn't changed a bit," she says. *restaurant1833.com; redsdonuts.com.*

**Do**
In under an hour, you can drive to Big Sur's **Julia Pfeiffer Burns State Park,** which boasts 2,500-year-old redwoods (take that, 150-year-old oak tree) and the spectacular **McWay Falls,** tumbling 80 feet into the Pacific Ocean. Hatton is partial to **Monterey's Wharf II,** where, if your timing's right, you can watch the boats dock and unload. Says Hatton, "There's also a great wholesale fish market, a commercial abalone farm and some very intense sea lions." *parks.ca.gov.*

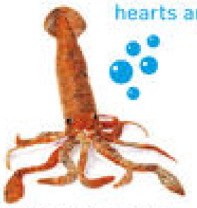
**1.4 million**

CASES OF CANNED SARDINES PRODUCED IN 1918 (WARTIME) BY MONTEREY'S CANNERY ROW.

## Fish you'll find at the Monterey Bay Aquarium (in stuffed form)

*White shark, $20, ikea.com.*

The bobtail squid has three hearts and blue blood



*Bobtail squid, $25, montereybayaquarium.org.*

*Clownfish, $26, disneystore.com.*

MONTEREY BAY PHOTO, GEORGE ROSE/GETTY IMAGES.

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• Lightweight gel texture • Oil-free
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See what's possible. Visit Neutrogena.ca/HydroBoost to learn more.
Neutrogena®
#1 Dermatologist recommended*
© Johnson & Johnson Inc. 2016 *Adult skincare brand in North America, excluding Mexico. Data on file.

Recreate this ombré manicure by applying two shades of polish (one lighter and one darker) to a makeup sponge. Gently pat your nail tips, leaving the base unvarnished, and finish with a glossy topcoat.

# style

## We'll have the combo, please

Stash away those nude polishes and shake things up with playful colour pairings (like these sun-bleached pastels) on your hands and feet. Because matchy-matchy can get awfully dull.

***Skirt,*** *$160, bananarepublic.ca.* ***Shoes,*** *$128, anntaylor.com. On hands, Misslyn and Snow White; on feet, Pineapple Breeze; $9 each, ceramicglazelacquer.com.*

MANICURE AND PEDICURE, MELISSA FORREST FOR P1M.CA/SHOPPERS DRUG MART.

*photograph* SATY + PRATHA

# Happy couples

Whether you love navy or neon, there are no rules for colour combos this summer. Here are a few standout pairs to try for your next mani-pedi

*This formula includes four hydrating oils that create a deeper colour and more shine*

① ② ③ ④

***"Use cuticle (or face) oil on polished nails before bed. It'll keep the polish more flexible so it wears much longer."***

— Tom Bachik, *L'Oréal Paris nail artist*

**1. lilac + navy**

**TRY** *Marc Jacobs Beauty in Sunday's Cool, $22, L'Oréal Paris Le Vernis à l'Huile in Cobalt Indecent, $10.*

**2. nude + neon**

**TRY** *Le Vernis de Chanel in Organdi, $32, Ceramic Glaze in Newly Minted, $9.*

**3. pink + red**

**TRY** *CND Creative Play in Peony Ride, $9, Essie Gel Couture in Beauty Marked, $14.*

**4. metallic + greige**

**TRY** *Sally Hansen Color Therapy in Therapewter, $12, Essence Gel in Free Hugs, $3.*

NAIL DIY

## Hacks for the amateur nail enthusiast

**HOLD STEADY**

▶ For applications done in bed, in the car (parked, ahem) or on the sofa, this nail polish holder sturdily cradles the bottle (the flexible material adjusts to any shape or size) and helps eliminate spills and drips. *Tweexy Nail Polish Holder, $16.*

**(SPRAY) PAINT BY NUMBERS**

▶ Zero patience for precise nail application? This polish is applied like spray paint and coats the nails (and the tips of your fingers) with a fine mist of colour. Let it dry for a few minutes, then remove the polish from the skin (and cuticles) with soap and water. *Nails Inc. Paint Can, $14.*

**»** ***Extend your manicure:*** *Apply an extra swish of the clear topcoat along the tip of your nail to help prevent chips.*

## Quick fixes

Our style team's favourite time-saving products

For anyone with barely-there brows (I describe mine as see-through), this mini-brush thickens and defines them in just a few strokes. Bonus: The long-lasting formula means hairs are still in place at the end of the day.

**Vanessa Taylor, *Style Director***

*Benefit Gimme Brow, $30, benefitcosmetics.com.*

This magical multi-tasker transforms any moisturizer, primer or sunscreen into a customizable foundation. I add one drop for sheer coverage (up to three drops for full) to my cream and blend on my palm before applying.

**Erinn Stewart, *Assistant Style Editor***

*Cover FX Custom Cover Drops, $56, coverfx.ca.*

I hate washing my face at night — makeup-streaked water always runs down my arms when I'm scrubbing. Enter the cleansing oil. It easily removes long-wear mascara, rinses off with a quick splash of water and leaves my skin feeling baby soft.

**Dominique Lamberton, *Associate Editor***

*Burt's Bees Cleansing Oil, $16, burtsbees.ca.*

PRODUCT STYLIST, JEANIE LEE/PLUTINO GROUP. NAIL DIY PHOTOS, ROBERTO CARUSO.



*photographs* **ERIK PUTZ**

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# Essential beauty

The Body Shop turned 40 this year and set an audacious goal: Be the world's most sustainable global business by 2020

By DOMINIQUE LAMBERTON

The Body Shop founder Anita Roddick, 1989.

**IN THE EARLY** '90s, it was practically mandatory for teenage girls to carry the Body Shop's strawberry lip balm in their fanny packs and stock the bathroom cabinet with animal-shaped soaps. The company was riding high: Founder Anita Roddick (who launched her Brighton, U.K.-based company in 1976 with 25 products) promoted bold ethical principles along with covetable, heavenly scented beauty products—a radical combination that resonated around the globe. The brand became known for its stance on animal testing (an absolute no), its hard-hitting campaigns ranging from Save the Whale to human-trafficking awareness, and its Community Trade program, which began in 1987. It was astonishingly ahead of its time—but fast-forward a few years and terms like "fair trade" and "cruelty free" became ubiquitous marketing buzzwords. Some might say the company lost its voice among all the noise. This year, on its 40th anniversary, the Body Shop is reminding people that the company is a pioneer of the ethical, sustainable movement. It's set 14 ambitious targets for the year 2020, including increasing the number of Community Trade ingredients in its roster from 19 to 40.

Among those ingredients is the Brazil nut. Sourced from the Peruvian rainforest, its moisturizing, vitamin-E-rich oil is used in more than 135 of the Body Shop's skin care and beauty products (including many of the beloved body butters). It's also an excellent example of how the company supports the communities that produce its Community Trade ingredients.

Elda Vera Gonzalez is a second-generation concession manager who oversees approximately 400 Brazil nut trees in southeastern Peru. The trees rely on natural regeneration for survival and thrive only in untouched areas of the Amazon. Gonzalez sells her nuts to Candela, the Peru-based not-for-profit, fair trade organization that has supplied the Body Shop with Brazil nut oil since 1998. Working with Candela means Gonzalez can provide an advance to the nut collectors, or *castañeros*, who come to stay for the harvest season; plus, there is stable demand for her nuts, and she and her workers are fairly compensated.

The Body Shop's 2020 targets also include developing three new sustainable packaging innovations (like body butter containers made from plastic composed of greenhouse gases) and powering all of its stores with renewable or carbon-balanced energy. "Over the coming years, you will know exactly how we're doing in our vision of true sustainability," says Chris Davis, the company's international director of corporate social responsibility, "and what we're going to do next."

***"For the last 40 years, this company has done amazing things...but by saying we are going to be truly sustainable, that's meant that we've had to change how we run our business."***

—Chris Davis, *international director of corporate social responsibility, the Body Shop*

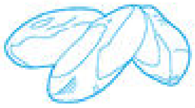
**SKIN SOOTHERS**

## Brazil nut stars

*Polynesian Monoi Radiance Oil, $24, thebodyshop.ca.*

*Almond Hand & Nail Cream, $21, thebodyshop.ca.*

***Bertholletia excelsa* seed oil**
This is how Brazil nut oil appears on an ingredients list.



*Vitamin C Skin Boost, $28, thebodyshop.ca.*

*Coconut Body Butter, $21, thebodyshop.ca.*

RODDICK PHOTO, DAVID LEVENSON/GETTY IMAGES. PRODUCT PHOTOS, ROBERTO CARUSO.

SUNRYPE
DO MORE THINK LESS
SNACKS
SunRype fruit & chia mango twist
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SunRype fruitsource strawberry
gluten free • nut free • vegan
SunRype energy 7 g PLANT PROTEIN CHOCOLATE COCONUT
gluten free • nut free • vegan
SunRype fruit to go
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GLUTEN-FREE,
NUT-FREE, VEGAN
& TOTALLY DELICIOUS

## GILDED AGE

**Whether you go high or low, opt for a substantial block heel (rather than a stiletto) in burnished gold to ace the updated penny loafer style.** *Hilfiger Collection* **shoes,** *$483, tommy.com. CL by Laundry* **shoes,** *$70, dswcanada.com.* **Shoes,** *$110, aldoshoes.com.*

OFF-FIGURE STYLING, JEANIE LEE/PLUTINO GROUP

# SEASONAL SHIFT

FUNCTIONAL FOOTWEAR THAT WON'T HURT YOUR FEET, PASTEL-HUED HANDBAGS GUARANTEED TO ENERGIZE YOUR BASICS AND MORE KILLER ACCESSORY TRENDS YOU'LL BE SEEING THIS FALL

*Style direction* **VANESSA TAYLOR** *Photography* **ROBERTO CARUSO**

## GOING BROGUE

Kick up timeless black and white with menswear-inspired lace-ups that pair with tailored wide-leg trousers or a full floral skirt. *Shoes, $140, ninewest.ca.*

MIXED MESSAGES

Creative finishes like crinkled textures and mixed materials like shiny leather and matte suede revive standard tote and bucket bags. This one folds over and doubles as a clutch. *Bag, $290, cosstores.com.*

## A SIDE OF SPARKLE

**Embellishments like monochromatic studs, crystals and metallic detailing transform standard saddle bags and booties into striking statements.**
*Ted Baker **boots,** $330, townshoes.com. **Bag,** $495, mackage.com.*

## GET YOUR GREENS

Dark, moody shades of green are the perfect entry-level hues for colour-phobes. Match with a classic autumn palette (navy, brown or black) or choose a bright pink or turquoise to liven up your look.
***Bag,** $140, mattandnat.com. **Bag,** $395, **key chain,** $65, rebeccaminkoff.com.*

## PRESS MUTE

**Typically reserved for spring, dusty shades of blush were spotted all over fall runways. Use this pale colour to punctuate an all-black wardrobe when the temperature drops.**
***Bag,*** *$55, aldoshoes.com.*
***Shoes,*** *$275, cosstores.com.*
***Shoes,*** *$40, hm.com.*

## MORE TO LOVE

*(CLOCKWISE FROM TOP)*
***Bag,** $225, aritzia.com. **Bag,** $130, shop.guess.ca. **Bag,** $295, christopherkon.com. **Bag,** $220, braveleather.com. **Bag,** $100, esprit.com. **Shoes,** $128, anntaylor.com. **Shoes,** $489, prettyballerinas.ca. **Shoes,** $370, marc-cain.com. **Shoes,** $150, ninewest.ca.*

## MORE TO LOVE

*[CLOCKWISE FROM TOP]*
***Bag,** $170, bananarepublic.ca. **Shoes,** $145, ninewest.ca. **Bag,** $45, aldoshoes.com. Michael Michael Kors **bag,** $328, holtrenfrew.com. **Bag,** $430, eccocanada.com. **Boots,** $160, townshoes.ca. Objects in Mirror **shoes,** $350, gravitypope.com. **Bag,** $85, bananarepublic.ca. **Shoes,** $265, gravitypope.com.*

ACCESSORY PHOTOS, ERIK PUTZ. OFF-FIGURE STYLING, JEANIE LEE/PLUTINO GROUP. SCENERY PHOTOS, ISTOCK PHOTO.

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AGE IS JUST A NUMBER
Olay Total Effects fights 7 signs of aging.
Reviving skin to look up to 10 years younger in
4 weeks. So your skin won't show your age.
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7 IN ONE

# HE FIGHTS DIRTY,
*no matter how dirty*
# DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.

**WHEN IT COMES TO CLEAN THERE'S ONLY ONE Mr.**

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

© 2015 P&G.

# home

*"You need nine to 13 inches between the stool seat and the counter to sit comfortably."*
—Emma Reddington, Home Director

## Ringside seat

Sidle up to your kitchen island with one of these elevated beauties. No matter what type of perch you're looking for—bar, counter, with a back or easy to tuck away—there's a handsome style for all tastes.

**1.** *$637, eq3.com.* **2.** *$199, eq3.com.* **3.** *$199, eq3.com.* **4.** *$375, umbrashift.com.* **5.** *$279, eq3.com.* **6.** *$1,572, dwr.com.*

PROP STYLING: JEN EVANS. REDDINGTON PHOTO: ALVARO GOVEIA.

*photograph* **SIAN RICHARDS**

# Back to black

Move over, brass. The hottest look in faucets is dark and elegant

For a graphic look, pair a black faucet with white subway tiles

*Matches best with a classic apron-style sink*

**FROM LEFT** *$957, amazon.ca. $129, ikea.ca. $688, kohler.ca. $299, lowes.ca.*

# 35

**THOUSAND**

AVERAGE PRICE OF A MAJOR KITCHEN RENOVATION IN CANADA

2015 HOUZZ & HOME CANADA SURVEY

**SHELF HELP**

## All about tile

Design darlings Catherine Bailey and Robin Petravic of Heath Ceramics spent two years researching their new book, an ode to the versatility of tile. Inside, the beautiful house tours and elegant public installations are a riot of colour, pattern and texture. *$51, tenspeedpress.com.*

***Work triangle:** An imaginary line drawn between the sink, cooktop and fridge that should measure between 12 and 26 feet in total.*

**APPLIANCES**

## These techie machines are sleek and super clever

**COFFEE-MAKING FRIDGE**

A Keurig brewing system is built right into this GE refrigerator's hot water dispenser. Think of the counter space you'll save. *$5,299, geappliances.ca.*

**TAP-OPEN DISHWASHER**

Be gone, greasy fingerprints! This streamlined dishwasher eases open with two quick knocks to the outside of the unit. From *$3,699, miele.ca.*

**TWO LOADS, ONE MACHINE**

Wash a big load up top while you do a smaller one in the drawer below. Because who doesn't want to cut laundry time in half? Top washer, *$1,900*, bottom washer, *$950, lg.ca.*

PHOTO COURTESY OF COUNTRY ROAD, COUNTRYROAD.COM.AU.

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What odours are hiding in your clothes?
Tide ODOR RESCUE
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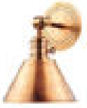
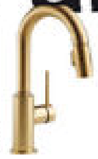
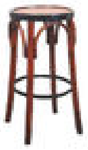
Don't just mask odours. Eliminate them.
New Tide + Downy Odor Defense Collection™
Keep out of reach of children.

The homeowner had these chrome bar stools powder coated in brass to match her kitchen.

FIND YOUR STYLE

# *Kitchen Therapy*

## Put down the sledgehammer and pick up cues  from these four homeowners. There are simple ways to update the look of your kitchen: Use dishware as decor, play with colour and go bold with hardware.  Ta-da! A refreshed room with  distinct personality

*By* ***Emma Reddington*** | *Photography by* ***Sian Richards*** *and* ***Erik Putz***

*This faucet turns on and off with just a touch anywhere on the spout or handle.*

*The look*

# new farmhouse

Of-the-moment brass accessories juxtaposed with rough-hewn floors and rustic concrete walls create dynamic tension in this century-old house

When designer and lifestyle blogger Lynne Knowlton and her husband, Michael, first renovated their kitchen, it was to turn a dilapidated farmhouse into a functional space for themselves and their four children. Thirteen years later, with their kids grown and the rest of the property fully renovated (it now includes a livable treehouse), Lynne decided it was time for an upgrade. Rather than match the rustic features of the space, she opted for sleek, uptown finishes, like leather and brass bar stools and mesh pendant lights. The result is the perfect mix of chic yet lived-in, befitting Knowlton's style.

PHOTOS, [illegible]. FLOORS, ANTIQUEWOODFLOORING.CA; COUNTERTOPS, BUDDYRHODES.COM; BACKSPLASH, CERAGRES.CA. [illegible] HARDWARE, UCSH.COM; BAR STOOLS, ALLMODERN.COM; ACCESSORIES, WAYFAIR.CA. [illegible] DELTAFAUCET.CA; CUTTING BOARDS, ONEEEVENDESIGNS.CA; KICKPLATE, [illegible]

*Customize the kickplate with complementary material.*

*Choose unusual light switches, like these mid-century-inspired ones*

**▲ PAY ATTENTION TO THE DETAILS IN HIDDEN SPACES**

In the walk-in pantry adjacent to the kitchen, Knowlton stacked floor-to-ceiling cabinetry, an extra sink, a fridge and a wine rack. To keep the upper cabinets from feeling too heavy, she inserted decorative metal screens, which were powder coated to match the brass hardware.

**◄ LEAVE ORIGINAL WALLS EXPOSED**

During the renovation, Knowlton discovered the primitive concrete walls of the old farmhouse behind layers of drywall. Rather than cover them up, she left them bare to bring added texture and character to her all-white kitchen.

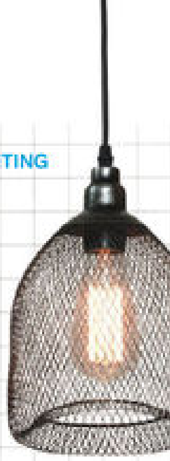
“The backsplash is a fun play on the classic subway tile. There are two different sizes of tiles, and they have a beautiful matte finish and uneven surface.”

*– Lynne Knowlton, designer and homeowner*

# Checklist

☑ **MESH LIGHTING**

► *Light, $180, wayfair.ca.*



☑ **SPARE HITS OF WOOD**

▼ *Cutting board, $20, indigo.ca.*

☑ **BRASS ACCENTS**

◄ *Hardware, $10, ucsh.com.*

☑ **ARTICULATED SCONCES**

▼ *Wall sconce, $341, schoolhouseelectric.com.*

☑ **CRISP, CLEAN COLOURS**

▼ *Tile, $9/sq. ft., ceragres.ca. Simply White paint, from $46/gal., benjaminmoore.com.*

*The look*

# luxe elegance

## Wall mouldings, harlequin-tiled floors and brass turn this kitchen into a glamorous escape

Stacey Cohen knows that good design is all in the details, so when she set out to renovate this 500-square-foot kitchen in North York, Ont., she thought about everything from the curved profile of the custom-made range hood to how much brass to use on the island table legs. She worked with a soft palette of warm grey and pale cream, which starts at the floor and continues up to the stained rift-cut-oak cabinets and herringbone backsplash. Antique brass enriches the space, from the sculptural pendant lights to the cabinet hardware and the custom-designed chairs. Even the bulkhead above the cabinets was given the custom treatment with elegant wood mouldings.

*Detailed wood panelling in a lighter shade gives the room a sophisticated, living room feel.*

PHOTOS, SIAN RICHARDS. COUNTERTOPS, BACKSPLASH, CIOT.COM. FRIDGE, THERMADOR.CA. COOKTOP, OVEN, SUBZERO-WOLF.COM. HARDWARE, ATLASHOMEWARES.COM. SINK, GINGERS.COM. FAUCET, AMATICANADA.COM.

*Create a custom pin board by covering a narrow kitchen panel with cork and fabric.*

**▲ CREATE A FOCAL POINT**

Cohen custom designed this antique brass hood with a slightly rounded profile to make it pop against the linear kitchen. She repeated the brass detail as a transitional material between the two different types of backsplash tile and again in the cabinet hardware.

**◀ USE EVERY INCH**

A narrow indentation in a wall of cabinets becomes a small home office complete with an upholstery-covered pin board for invitations and notes. The mirror is wall-mounted and transforms into a TV screen when turned on, allowing the homeowners to keep up to date with cooking shows. When off, it looks just ike a mirror.

“We started with the floor detail. The clients loved it, and we built the design from there.” – *Stacey Cohen, designer at Stacey Cohen Design*

# Checklist

**☑ BOLD LIGHTING**

▶ *Pendant light, $870, arteriorshome.com.*

also in chrome

**☑ ORNATE ACCESSORIES**

▲ *Coffee pot, $375, thebay.com.*

**☑ WARM NEUTRALS**

▼ *Tiles, from $10/sq. ft., stone-tile.com.*

**☑ PLUSH SLEEK SEATING**

▼ *Chair, $2,125, elte.com.*

*The look*

# warm industrial

Loft-style windows, reclaimed wood and chic bare bulbs add up to a welcoming entertaining space

"Very lonely" was the first impression that popped into architect Zuzanna Krykorka's head when she saw Sandy Stephens' kitchen. The skinny galley was tucked into a poorly built rear addition with no visual connection to the rest of the house. With space for only one cook, the idea of entertaining was inconceivable. Krykorka designed the new room around a 12-foot-long reclaimed-wood island and an expansive metal sash window wall that fills the home with light. Stephens loves her new kitchen. "I cook and entertain a lot more!"

☑ STARK LIGHTING
▲ Bulb, $54, themodernshop.ca.

☑ NATURAL SURFACES
▲ Cutting board, $105, williams-sonoma.com.

☑ CLEAN-LINED ACCESSORIES
◀ Coffee maker, $100, dwr.com.

# Checklist

☑ SPARTAN STOOLS
▲ Stool, $169, cb2.com.

☑ VELVETY ACCENT COLOURS
▼ Hale Navy paint, from $46/gal., benjaminmoore.com. Tile, from $7/sq. ft., stone-tile.com.

*Make sure your kitchen faucet has a long enough spout reach to hit the centre of your sink.* Faucet, $595, aquabrass.com.

**▲ THINK OUTSIDE THE KITCHEN**

Furniture-style painted cabinets, with cut-outs instead of traditional hardware, and wall sconces more typically found in living spaces make the room feel less kitchen-like. A built-in wine rack is the perfect way to fill leftover space too small for a cabinet.

**◀ WOOD NOTES**

Wood countertops add texture and warmth to an industrial-style kitchen, but they can be tricky to maintain, especially around water. The best way to protect them is with regular maintenance, including sanding down any scratches or cuts with fine sandpaper and wiping them with mineral oil. For stronger protection, use a wax-based sealant product.

> “The cabinetry was designed to look like furniture rather than kitchen cupboards.” – *Zuzanna Krykorka, architect at Studio Z*

PHOTOS, SIAN RICHARDS. CONTRACTOR, RADESIGNBUILD.CA. COUNTERTOPS, BACKSPLASH, MARBLETECH, 416-679-1969. FAUCET, SINK, FRANKE.COM. FRIDGE, RANGE, SUBZERO-WOLF.COM. HOOD, ZEPHYRONLINE.COM. WALL SCONCES, [illegible] LIGHTS, THEMODERNSHOP.CA. HARDWARE, GINGERS.COM. WINDOW, BLISSNORAM.COM.

*The look*

# modern vintage

## Retro classics like subway tile and schoolhouse lights bring character to an all-white palette

Ten years is a long time to plan for a dream kitchen, so when Rachelle Turner, owner of the design and prop studio Hawk Eyes, decided to finally gut her 200-square-foot space, she knew exactly what she wanted to do. The main goal was to improve the flow of the layout and bring more light into the 1898 home in Toronto's Parkdale neighbourhood. New windows, marble countertops and white floor-to-ceiling cabinetry in a classic Shaker style bring a fresh, airy feel to the space. They're also the perfect backdrop for Turner's enviable collection of vintage accessories. A decade after she moved in, Turner has the kitchen of her dreams—exactly how she planned it.

PHOTOS, SEAN RICHARDS. CONTRACTOR, SUPERFINE.CA. CABINETS, HARDWARE, IKEA.CA. COUNTERTOPS, CALEDONIAMARBLE.COM. BACKSPLASH, SALTILLO-TILES.COM. APPLIANCES, CANADIANAPPLIANCE.CA. LIGHTING, VINTAGE ACCESSORIES, PROPHAWKEYES.COM. FAUCET, MOEN.CA. SALTILLO TILES PHOTO, JESSICA SONG.

*Turn a vintage chalkboard into a piece of art with a handwritten slogan.*

*Start a vintage collection by choosing one style or colour, then adding to it.*

**▲ LIGHTEN UP**

Keep a small kitchen feeling airy and spacious by tucking backless stools behind an island. Glass-panelled doors also help keep the room from feeling too heavy, especially with floor-to-ceiling cabinetry.

**◀ ADD VINTAGE ACCESSORIES**

Hits of cheery colour keep a white kitchen from looking too sterile. Turner's extensive collection of retro tableware in robin's egg blue, butter yellow and soft pink goes a long way in imparting a vintage feel.

❝ Our goal was to add more natural light wherever possible, but retain storage."

– *Rachelle Turner, stylist and homeowner*

## Checklist

☑ **MILK-GLASS LIGHTING**

▶ *Light, $370, wayfair.ca.*



☑ **BUTTERY NEUTRALS**

▼ *Ivory Tusk paint, from $46/gal., benjaminmoore.com.*

☑ **BASIC WHITE TILES**

▲ *Tile, $17/sq. ft., saltillo-tiles.com.*

☑ **RETRO SEATING**

▶ *Stool, $380, wayfair.ca.*

☑ **SURPRISE POPS OF COLOUR**

▲ *Bowls, $12/set of 4, anthropologie.com.*

Your risk of bleeding may be increased if you require urgent surgery.

For some blood thinners, doctors can use treatments to temporarily reverse the blood-thinning effects in an emergency.

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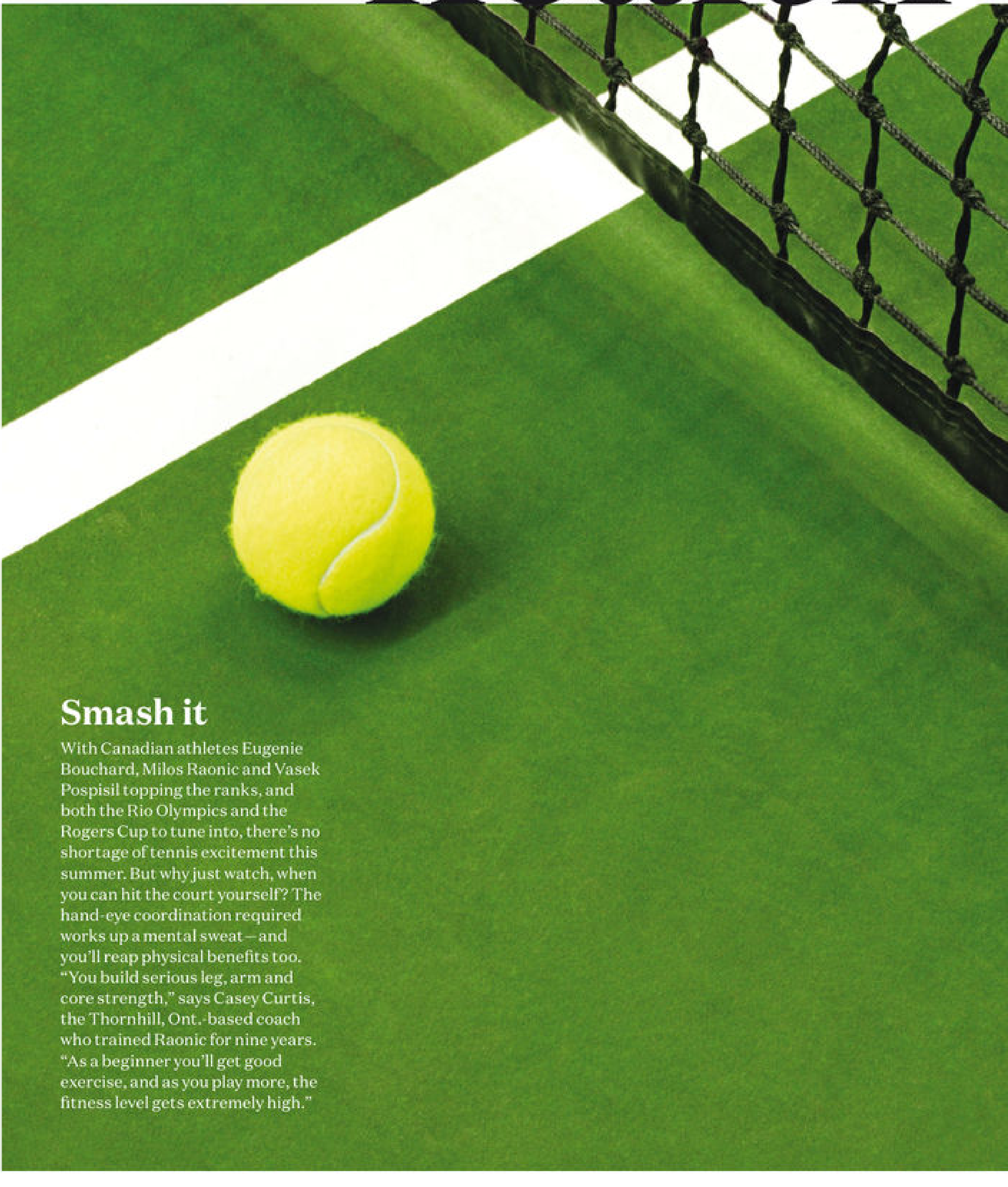
# health



## Smash it

With Canadian athletes Eugenie Bouchard, Milos Raonic and Vasek Pospisil topping the ranks, and both the Rio Olympics and the Rogers Cup to tune into, there's no shortage of tennis excitement this summer. But why just watch, when you can hit the court yourself? The hand-eye coordination required works up a mental sweat—and you'll reap physical benefits too. "You build serious leg, arm and core strength," says Casey Curtis, the Thornhill, Ont.-based coach who trained Raonic for nine years. "As a beginner you'll get good exercise, and as you play more, the fitness level gets extremely high."

TEXT: DIANA DUONG. PHOTO: IMAGE SOURCE/GETTY IMAGES.

## IMPROVE YOUR GAME OFF THE COURT

**1.**
**Skip rope**
Jumping rope keeps you on the balls of your feet and helps develop arm and leg muscles, in addition to cardiovascular fitness and agility.

**2.**
**Run intervals**
Running will strengthen your legs and help with endurance during long matches. Incorporating some sprinting intervals will improve recovery time on the court.

**3.**
**Practise at home**
Better your swing by standing in front of a mirror. "It's hard to work on your form when you're on the court focused on chasing the ball," says Casey Curtis, a high-performance tennis coach at Mayfair Parkway in Toronto.

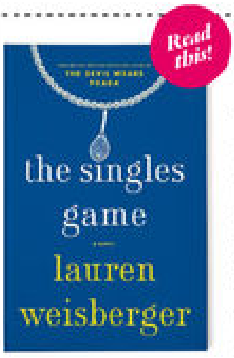
**4.**
**Squeeze a squash ball**
Sure, the indoor racquet sport can help reaction time and hand-eye coordination, but squeezing the actual ball will build wrist strength. "The stronger your wrists and forearms get, the better your shots will be," Curtis says.

GEAR

# You've got game

Canadian champ Eugenie Bouchard has said that feeling confident about her appearance helps her performance on the court. Try it out with your own take on Wimbledon white

**TENNIS TALK ▸ Ace** A serve that the opponent doesn't manage to touch with her racquet. Point goes to the server. **Love** Zero points; "15–love" means the score is 15–0. **Jam** Hitting the ball close to the opponent's body so she hits a weak return. **Bagel** When players win (or lose) a set of games 6–0. (The "0" is the bagel.) **Bread stick** Same as a bagel, except players win or lose a set 6–1.




*Read this!*

## The Singles Game

*By Lauren Weisberger, $32*

If you're more likely to pick up a new beach read than a tennis racquet this summer, our pick comes from Lauren Weisberger, the bestselling author of *The Devil Wears Prada*. The action centres on tennis prodigy Charlotte Silver, who makes a comeback after an injury—but with a new coach, rivalled only by Miranda Priestly in fierceness.

DON'T MISS

## Rogers Cup

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*July 22–31; begins July 25 on Sportsnet.*

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TEXT, DIANA DUONG

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CRUNCH ON

DR. DANIELLE MARTIN

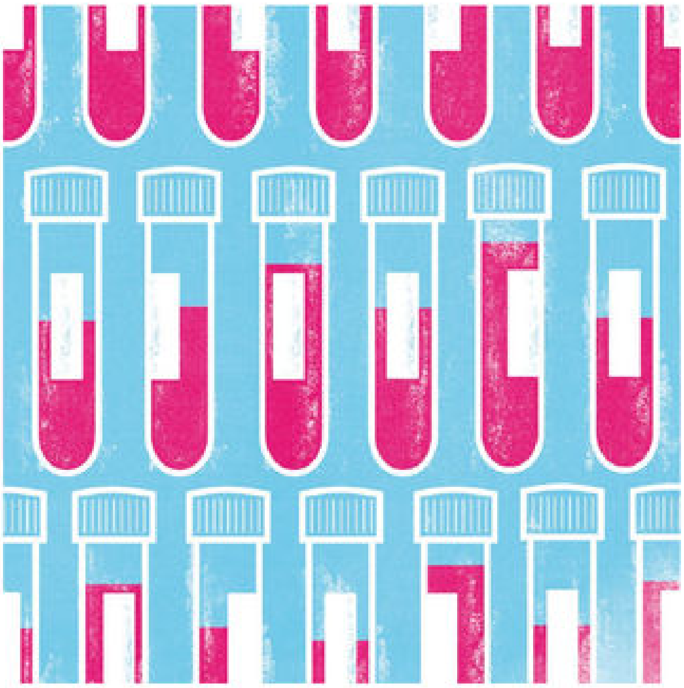
# Q: I always worry that I'll be diagnosed with an illness that could have been caught earlier. Now that I'm over 40, should I be asking for more tests?

Whenever someone raises this issue, I think about the woman in my practice who requested a "baseline" mammogram even though she was in her early 40s with no family history of breast cancer. The test is currently recommended for women over the age of 50 who are at average risk—but she wanted to be proactive about her health.

Women in their early 40s tend to have dense breasts, which can lead to more shadows showing up on mammograms that, while not significant, compel a follow-up. In my patient's case, she was called back for more imaging sessions (involving radiation) for a finding that was essentially normal for a woman of her age. She did not have breast cancer—but for 18 months, she was subjected to unnecessary and potentially harmful tests, and all the stress that came with it.

Now, what if the mammogram had picked up something important? Would the risks be worth it? I'd argue we need to weigh what good can come of testing (without explicit cause) against its potential dangers.

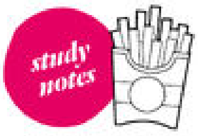
Millions of Canadians every year are subjected to inappropriate, wasteful and harmful tests. In addition to the chances of false positives, there is the risk of over-diagnosis, where we identify harmless abnormalities that we may then feel compelled to treat. And testing doesn't go hand in hand with improvements in health. For example, the Canadian Association of Radiologists has estimated that as many as 30 percent of imaging studies contribute no useful information, yet the harm can be substantial: It's estimated that some 14,000 cancer deaths each year in the U.S. could be attributed to excessive exposure to radiation from CT scans.



The rise of over-testing can be linked to the influence of industry, fear of litigation and changing patient expectations. It can be hard, for instance, for my patients to feel secure with my recommendation to hold off on bone-density tests until age 65, when their friends' doctors are ordering them at 50.

A campaign to raise awareness about this issue, called Choosing Wisely Canada, is a great resource. It suggests that the next time you approach your doctor about a test, you should also ask, "Do I really need this?" "What are the downsides?" "Are there simpler, safer options?" And last, but important, "What happens if I do nothing?"

**Danielle Martin** is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.




## CAN EATING POTATOES LEAD TO HYPERTENSION?

**The research**
In a series of cohort studies published in *BMJ*, researchers from Harvard and Brigham and Women's Hospital collected food frequency questionnaires from 187,453 participants for more than 20 years. They found a significant correlation between an increased risk of hypertension and consumption of upwards of four servings of potatoes (french-fried, baked, boiled or mashed) a week for women.

**The caveat**
The researchers tried to control for fat and salt, but other ingredients—such as butter, sour cream and gravy—may not have been reported, says Carla Taylor, a professor of human nutritional sciences at the University of Manitoba. The study also counted a full cup or one large potato as a serving size, while Canada's Food Guide considers a serving to be half a cup. "The difference between half a cup and a cup is quite a bit, especially for women, who tend to be a bit smaller and have less calorie intake."

**The take-away**
Potatoes are part of a healthy diet, so don't cut them out altogether, says Taylor. But if you eat them frequently, you could try replacing a few servings a week with non-starchy vegetables like broccoli or carrots.
**—Diana Duong**



*illustration* CASIE WILSON

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# What it feels like to live with an incurable bladder disease

Nicole Abi-Najem, a 28-year-old student from Toronto, has interstitial cystitis, a condition that has been likened to having a permanent urinary tract infection

*As told to* **KATIE UNDERWOOD**
*Photography by* **REYNARD LI**

In 2012, I was working out and then went to the bathroom. When I finished peeing, I still felt like I had to go, but I knew that my bladder was empty. Doctors initially thought it was a urinary tract infection (UTI), but a test showed there weren't any bacteria. They gave me antibiotics, but the feeling didn't go away. I went to a urologist, and he performed a cystoscopy to examine the inside of my bladder. He saw nothing. With both those tests clear, a specialist at Women's College Hospital in Toronto eventually concluded that I had interstitial cystitis (IC).

It feels like a never-ending UTI, a migraine of the bladder. It's an enigmatic condition, but what researchers have ascertained so far is that there are several subtypes, which can manifest as excruciating pain, urgency (the feeling of having to urinate) and frequency (actually voiding urine).

Having interstitial cystitis affects all areas of Nicole Abi-Najem's life: her ability to work out, date and even casually see friends.

For some, the only relief from pain comes from voiding, so many sufferers are chained to their toilets, having to pee up to 60 times a day. For me, the symptom is urgency, which is like a tingling, dull feeling in my urethra. I always feel like I have to go, even if I know there's nothing there. The difference between feeling like urinating and knowing I have to is that I feel a kind of dull pressure with the latter.

I can tell when I wake up whether the symptoms are going to stay for the day. On a bad day, I can't do anything. I have to be careful about my intake: Acidic drinks have more of an effect on me. I don't drink coffee as a general rule, but I'm a master's student and sometimes I need it to get through late nights. When I do have it, I have to run to the bathroom. It feels like if I don't, I'm going to pee my pants.

There have been times when I chose not to go out with friends. I've stopped doing strenuous workouts at the gym, like running, which send me into flare-ups.

Because IC is such a little-known disease, its diagnosis is based on exclusion, which means, "Let's factor out what you don't have." The wait time to see a specialist in Canada is ridiculous—about one year. Every time I go to a specialist, they always claim they're going to be the person to help, that it's going to be fine. It never is. I've tried various overactive-bladder medications. I have been given instillations, which is when doctors numb the inside of my bladder with lidocaine to provide some relief. I've been prescribed Elmiron, a medication used for IC, but I can't afford it: It's $400 a month.

This sounds horribly morbid, but I've heard people say that at least with other diseases, there's an end to the suffering. With IC, there is no end. That's why the current rate of suicidal thoughts among IC sufferers is about 20 percent. I'm not going to lie and say I never thought about ending my life when it was at its worst.

It's so funny what suffering will lead you to, the ideas that are in my head. Like, "I would do whatever to get rid of this." I've been referred to psychiatrists and acupuncturists. I even went to a hypnotherapist who did a past-life regression to see if the IC was caused by some trauma from my past life. You're always willing to fight if you know it's going to get better, but for many people with IC, there's no hope.

Plus, there's nothing noble about this disease. I haven't told many people. When I do, they try to offer solutions right away. "You should do yoga!" or "Stop drinking tap water."

I've gotten back into the dating game, because I want to experience life. But when I do see guys, it's not serious. I was dating this low-life and people were like, "Why are you wasting your time?" I did it because I didn't have to worry about a future. I didn't have to worry about disappointing him. There was a period of about four years where I didn't have sex because of the pain. I couldn't stop peeing, and I was just miserable. I've started again, but it has to be really slow, and it involves taking Tylenol. Now that I've let myself do it again, it feels rewarding in a way. Like, this isn't killing me as much as it did last time.

What's most frustrating is not being taken seriously. Of the estimated 6 percent of people in North America with IC, 90 percent are women. So to have my urologist—who is a man—tell me, "There's no need to be so upset," as I'm crying in front of him? I don't put up with that.

When you go through something like this, it makes you realize who you are at your most basic, biological self. There is pain in my life, in everyone's life, but I'm making the decision to enjoy as much of it as I can.

***"I'm not going to lie and say I never thought about ending my life when it was at its worst."***

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# Focus

# How fast are you breathing right now?

In one generation, mindfulness has gone from fringe activity to self-improvement trend of the decade. But as it seeps into the mainstream, some of its core principles are getting lost in the noise

*By* **KATHRYN HAYWARD**

LONG BEFORE mindfulness became a craze that included colouring books and a gazillion apps, Catherine Phillips would shut herself in her living room in Edmonton and sit, with her eyes closed. It was the mid-1980s and meditation was still considered weird; it carried a stale whiff of the flower-powered '60s. "My family and friends thought I had joined a cult," she says, "and told me in no uncertain terms all the bad things I was doing to my brain."

But having experienced the benefits of training the brain to be more aware of the present moment, she stayed with it—though she kept it to herself for a few decades. (Despite being a psychiatrist, she refrained for years from talking about it with colleagues.) Phillips now teaches mindfulness meditation at the University of Alberta and runs the nearby Mindfulness Institute. Those benefits she found so helpful—clarity, focus, a greater facility to deal with stress—have become hot commodities.

Within a generation, mindfulness meditation has gone from a fringe and somewhat freaky activity to must-try self-improvement technique. It's this decade's step aerobics—but instead of buns of steel, we're hoping for Teflon brains. Even if you're a social media refusenik, there's no denying our way of life has become increasingly virtual. Every time we text or swipe or surf, we are essentially transporting ourselves somewhere else. As our attention becomes more and more fragmented, the ability to bring ourselves back to the here and now has become more crucial than ever. "We all

have the basic capacity to pay attention to what is happening now," says John Dunne, a Buddhist scholar who works at the multidisciplinary Center for Healthy Minds at the University of Wisconsin–Madison. "The problem is that capacity can be atrophied with modern life."

Mindfulness offers a way to reverse that decline while bringing about other potential changes: improved executive-brain function, greater ability to self-regulate, reduced stress and increased work productivity. According to Dan Harris, a journalist turned mindfulness advocate who wrote the bestselling book *10% Happier*, it's the next public health revolution. "We will soon think of mental exercise the same way we think of physical exercise," he says. Like working out, however, mindfulness is not a remedy for all that ails us. And as its principles seep into the mainstream, some ideas are getting lost in translation.

Every week, there seems to be a new app, product or research paper. With all the workplace seminars, specialized ring tones, buckwheat-filled cushions, posh retreats and even dedicated teas, it's hard to go through a day without being reminded of all this bloody mindfulness (and all the things you can buy to get some). These guises and gimmicks can have a diluting effect on the core message, while also ramping up our expectations. It's often marketed as a kind of mental jiu-jitsu you whip out only when you get stressed, rather than a healthy way to live.

**Mindfulness is often marketed as a kind of mental jiu-jitsu you whip out only when you get stressed.**

It's easy to see why everyone from CEOs (LinkedIn's Jeff Weiner) to actors (Emma Watson) to professional athletes (the New York Knicks) to soldiers (the U.S. Marines) to your best friend (and your best friend's friend) is doing it. There's great promise in this field, but experts caution there's also a lot that needs to be better understood.

Harris calls mindfulness a "superpower" and says that, if done right, the technique could give you heightened clarity in our info-saturated age. If it's done wrong, you'll probably remain as stressed and distracted as you are right now.

IT'S HARD TO DESCRIBE mindfulness without it sounding as though there should be pan flutes playing in the background. Basically, to be mindful is to be aware of your body and mind and your surroundings in such a way that you can be fully present for yourself and for the people around you. This heightened and non-judgmental awareness is cultivated through practice. "The most powerful way is through simple mindfulness meditation," says Barry Boyce, editor of the Halifax-based *Mindful* magazine. The formal exercise, he says, "only asks you to pay attention to any kind of anchor that is readily available, so the breath is the most common—if you're alive and breathing, it's there." You concentrate on your breath, and every time you catch your mind wandering, you bring your attention back. By regularly doing this, you can become more familiar with what's going on in your body and mind and can avoid getting caught in destructive thought patterns. In other words, mindfulness meditation helps you practise being more mindful.

While mindfulness is a couple of decades old, meditation, of course, is not new. It has been around for more than 3,000 years, with various permutations developing as it spread from India up the Silk Road to Tibet and China through Hinduism and Buddhism. In the 20th century, it began to make inroads in the West with the rise of secular meditation. The Beatles' flirtation with transcendental meditation imbued it with countercultural cachet, and wellness retreats such as California's Esalen Institute (where *Mad Men*'s Don Draper went to find himself) gave people a place to test drive it. At the same time, the scientific community was beginning to seriously study its potential health benefits.

In the late '60s, Harvard Medical School cardiologist Herbert Benson discovered that meditation lowers heart rates, oxygen consumption and blood pressure and produces brain waves associated with relaxation. Armed with that knowledge, he developed a simplified version of transcendental meditation. A decade later, Jon Kabat-Zinn set up the Mindfulness-Based Stress Reduction (MBSR) program at the University of Massachusetts, where doctors would send him patients dealing with chronic pain. MBSR courses are now taught across the globe. "The idea that the effects of mindfulness are measurable and we don't just have to take someone's word for it has given it quite a boost," Boyce says.

Some of the research has been quite striking. In a seminal 2003 study, Kabat-Zinn and neuroscientist Richard Davidson at the Center for Healthy Minds found that just eight weeks of mindfulness meditation has a positive effect on the immune system. In subsequent research, Davidson and other researchers were able to show that meditation actually changes the structure of the brain, increasing density in regions linked to memory, empathy and learning and decreasing it in the amygdala, which is associated with fear and anxiety.

That last finding is particularly important, considering how much of our lives is filled with low-grade stress. While we are no longer being chased by sabre-toothed tigers, modern life presents a greater variety of pressures—daycare pickups, work demands, Facebook likes—and remaining in fight-or-flight mode can have a huge effect on our health. Inflammation, our body's response to all forms of stress, has been linked to many major 21st-century diseases and conditions: heart disease, type 2 diabetes, asthma, cancer. Even when the actual stressor has passed, we continue to wrestle with it: Think about how often you replay something in your mind or even worry about what might happen next. Dunne calls this "full-body simulation," where those psychological stresses manifest themselves physically and create inflammation. "Mindfulness," he says, "has the power of allowing us to draw back from a story and to see through it."

The finding also sparked a high number of small studies showing the potential of mindfulness as a viable treatment

option for PTSD, ADHD, binge eating, insomnia, fatigue, incontinence and smoking. And more and more people have been willing to try it out—earlier this year, the popular meditation app Headspace reported a user base of seven million people globally. (A yearly subscription is $123.) And that's just one app.

THE POSITIVE PRESS around mindfulness can make it sound as if it's all that and a bag of kale chips—and it may well prove to be. But before it becomes part of a public health initiative, there's a lot that needs to be clarified, including how often and how long one should meditate, what other effects it may have and why some people have exceptionally good or bad responses to it.

Brett Thombs, a psychological researcher at McGill University, says we shouldn't be overly bullish about the potential benefits of mindfulness, especially when using it as a way to treat mental health. In a study published in April, Thombs and fellow researchers looked at 124 published trials of mindfulness as a mental health treatment and determined the findings were far more positive than should be statistically plausible. This doesn't necessarily mean the evidence is flawed, but it could indicate a bias toward the benefits of the practice.

Thombs is quick to point out he is not against mindfulness—he himself meditates—but that a bit of caution is needed. "I am out to get honest and transparent evidence so that we know what mindfulness does," he says. For instance, we don't fully understand why a small subset of the population experiences negative responses to mindfulness, such as panic attacks.

Right now, he says, there are lots of tiny studies, which can easily skew results. "If we're exaggerating how well mindfulness can work for a particular mental illness, we might be suggesting people try it, when they could be benefitting from something else that has been proven to work."

Thombs cites recent research out of the University of Oxford as the type of large-scale study we need more of—with larger sample sizes, scientists can more accurately identify patterns and better understand what "living in the now" is doing to our brains and how it can be best applied. In the Oxford study, researchers discovered that patients who practise mindfulness therapy as part of a supported treatment are 23 percent less likely to relapse into depression within 15 months—even if they stop taking their medication.

We may just need to temper our expectations and develop a better understanding of what mindfulness is and what it's not; the recent surge in popularity has muddied the perception of it. One of the biggest misconceptions is that it's primarily a relaxation technique—a refuge from a harried world, if you will—and that's something marketers of adult colouring books have gleefully taken advantage of. (Four of the top 10 best-selling titles in the country last year were colouring books, according to BookNet Canada.) But zoning out with pencil crayons is not the same thing as being mindful, and when you're meditating, you are doing much more than just sitting there.

As Phillips succinctly puts it, "Mindfulness is not a time out. It's not a relaxation exercise. It's very active." In fact, the technique is intended to bring you closer to your thoughts and feelings, which are often uncomfortable or painful, and help you address those fears and self-sabotaging patterns. Nor is mindfulness a way to clear your mind. "It really is simply the practice of being as present in the moment as possible with openness and curiosity," she says. And if that involves observing how jam-packed your mind is, then that's what it is.

We've come to expect convenience and instant gratification in all things, but mindfulness can't simply be bought or hand-delivered. Experienced meditators like to say that doing it is simple—but far from easy. "The notion that you can just kick back and listen to something and begin to cultivate your mindfulness—that's not real mindfulness," says Boyce. "There's a relationship between how much commitment you make to it and the results."

It requires repetition, sitting down on a regular basis and learning from an experienced meditator, whether through an app or a book or in person. "It's kind of like Malcolm Gladwell's idea of the 10,000 hours to create genius," Phillips says. "The more you practise, the more your brain gets practised in making particular neural connections and the better your brain gets at it." ©

## train your brain

Experts say that proper instruction when starting mindfulness meditation is crucial, whether learning through a person, a book or an app. That said, it isn't something that can be practised only at a special time and place. In the book *This Is Happening: Redesigning Mindfulness for Our Very Modern Lives*, Rohan Gunatillake offers stealthy ways to reinforce mindfulness throughout the day.

- Before you get out of bed, spend a minute noting something pleasant in your environment — how warm your toes are, for instance. "When you get up, watch how long your warm mood persists and notice what it is that makes it fade away," says Gunatillake.

- When you go for a walk, pay attention to the feeling of your feet striking the ground.

- Each time you check your phone, use it as a cue to stop for a few seconds and check in with how you're feeling.

- Take note of your breathing in various situations. It may help identify moods or emotions before they become full-blown. You can then try slowing your breathing down as a way to encourage your mind to relax.

- For a micro-meditation at work, move the cursor around on your computer. Keep your attention on it as it moves. Then focus on the entire screen. Switch back and forth between the single-object focus of the cursor and the wider focus of the screen. "Remember," Gunatillake says, "meditation is about learning; try to see what you can learn about what distracts you and what doesn't."

FIRST PAGE PHOTO, ISTOCKPHOTO.

# THE MID-CAREER DRIFT

*After years of total devotion to their jobs, women are opting for open relationships with work.*

*Here's why*

*By* DANIELLE GROEN
*Illustrations by* ANNA PARINI

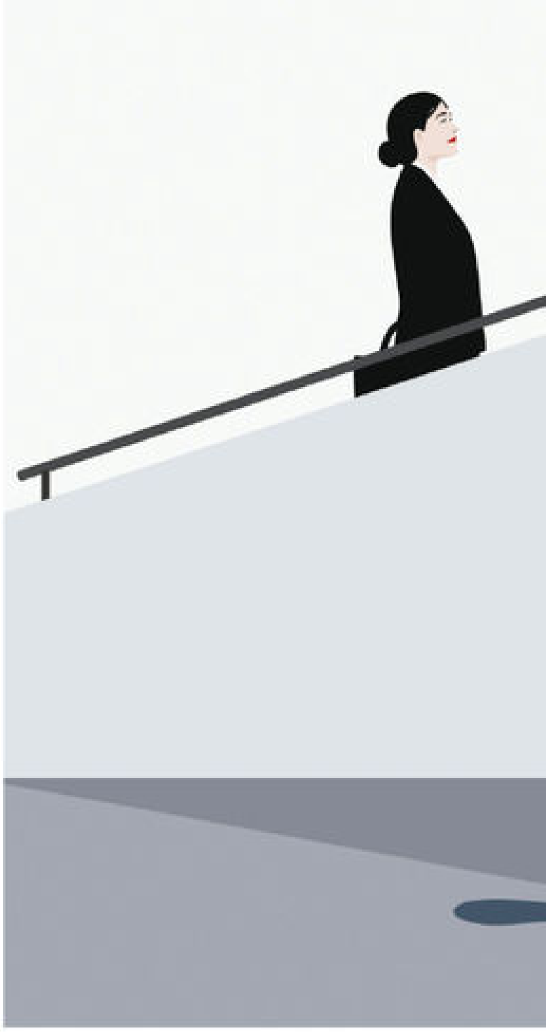
Standing before orange balloons and orange campaign signs in a beige hotel ballroom last October, with cameras on her and a dismayed crowd, Megan Leslie changed careers. In her seven years as a member of Parliament for Halifax, the charismatic and well-liked Leslie had moved swiftly from being named *Maclean's* best rookie MP in 2009 to being named the New Democratic Party's deputy leader in 2012. She'd worked on climate change legislation and a national strategy for suicide prevention; she'd been a strong advocate for women's and LGBT rights. But a Liberal wave that crashed through Atlantic Canada had cost the 42-year-old her seat, so she thanked her supporters that night and went home.

Then spring came and brought with it the possibility of a second chance: Leslie was the near-unanimous choice to replace Tom Mulcair as leader of the NDP. The only hitch? She wasn't interested. And when she gave her reason to the media, Leslie didn't talk about spending more time with her family. She didn't need to reassess her priorities or build more experience. She told them she didn't have the energy for the job right now. She was spent.

"Politics is a vocation—it's not just a job, it's something you are," she says. "You don't go to work in the morning and leave in the afternoon. The returns are incredibly great, but you give up a lot." Leslie had been running each day on adrenalin, darting from the House of Commons to her committees to scrums to interviews to community events. Her privacy vanished. Her partner took over the grocery shopping because Leslie would be trapped for hours in the produce aisle talking to constituents. She began to think, almost obsessively, about how much longer she could stay in the role.

"There's this tension with some of us successful, powerful women between wanting to smash the glass ceiling and also having a life that is our own," she says. "Sometimes I feel like my decision let down the feminist cause, but there's no way I can be the person people want me to be unless I take care of myself."

But the modern workplace requires total allegiance. A 2012 study out of Carleton and Western Universities reported that 60 percent of Canadian white-collar workers put in at least 45 hours a week, up 50 percent from two decades ago. If you use a smartphone, the numbers are bleaker still—you're tethered to work for 13.5 hours a day, with another five hours spent emailing on weekends, according to a 2012 survey from the



Center for Creative Leadership. All told, that's 72.5 weekly hours of contact with your job.

This relentless work creep is enough to chisel away at anyone's motivation. It's why there's a bill before the French government to ban emails out of office hours, and why Belgium now protects workers not only from discrimination and harassment but also from burnout. However, across North America, where there are no such provisions, women experience mid-career ambition slumps far more often than men do.

In 2014, Bain, a global management consulting firm, surveyed 1,000 workers in a range of ages and professions and found that both men and women start out with high expectations for their careers: 43 percent of women said they aspire to reach top management positions, compared with 34 percent of men. After two years of work, that number stayed the same for male employees—but for women, it dropped to 16 percent, regardless of whether they were married or had children. More than 80,000 Canadian women left the labour force entirely in 2014, with the biggest decline among women aged 40 to 54.

Bain study co-author Julie Coffman found that scarce female role models in senior positions and limited support from supervisors eroded aspirations among mid-level women. They also told Coffman that they didn't want to subscribe to the "ideal worker stereotype," which she describes as "the person who is always on, who puts in long hours, takes on the toughest assignments and constantly self-advocates." Add those reasons to the long, frequently cited list of why women lose confidence in their careers: They make, on average, $8,000 less per year than their male counterparts; they aren't afforded the same opportunities for advancement; they're penalized for having kids.

Outside the office, there has also been a fundamental shift in the way we organize our lives. Canadian women are getting married later, if at all. We wait longer to have our first child: until age 30, on average. In 1980, it took the typical Canadian aged 25 to 34 five years to save a 20 percent down payment on a house; now it's 12 years, or 15 if you live in Toronto, and 23 if Vancouver is home. A lot of women will have been working doggedly for at least a decade before we achieve these personal milestones.

By upending the old order of things—by choosing the career before the spouse, house and kids—many of us hit 40 having already proven our professional worth. Money concerns don't vanish, but we're not as hungry for the prestige and promotions; we're craving creative risk and time for the people and activities that bring us personal fulfillment. As a result, we're no longer climbing steadily up the corporate ladder in a single job. Our professional trajectories look a little more jagged now, with more pauses and steps back before we surge forward again.

Jennifer Koh* knew she had lucked out. After graduating from Toronto's Ryerson University in 2006, she landed a job in her field straight away, managing accounts for a large packaging firm. It was a global, publicly traded company with a comfortable pension. Two years later, the recession hit. A quarter of the staff was let go, and Koh's boss cut her pay. "Every morning, I drove to work and thought about how much I hated my life," she says. "My boss was in her mid-30s at the time, worked crazy hours and had decided not to have kids because she was so focused on her career. I just looked at her and thought, 'That is not at all what I want.' I quit my job, spent time with my dad, who'd had a stroke, and went back to school for business and environmental studies."

Teresa Blake* struggled with a similar decision. In 2012, she returned from maternity leave to a marketing job with what she characterizes as a chip on her shoulder. "I just had this feeling that I was behind," she says. "I had my MBA, I was working hard, and I needed to become a director." A year later, when Sheryl Sandberg's *Lean In* came out, Blake bought into the philosophy wholeheartedly, upping her hours and organizing lunch-and-learn circles with female colleagues. A challenging new job at a new organization became available, and she leaped at it. "It was going to be this really entrepreneurial environment, and I believed I could become a director in six months—it was everything I wanted," Blake says. "My son was in daycare, and it was getting harder to rush home to pick him up, but I just thought, 'I'll figure this out.'"

Instead, juggling the demands of a toddler and an exacting workplace took its toll on Blake's health. She put on considerable weight and developed problems with her hips that caused her constant pain. "I was trying to work like my dad and be this huge success, but also be a stay-at-home mom," she says. Then her father fell ill during a stressful time for Blake's organization, and her son became sick after that. She stopped sleeping, but the emails from her bosses kept coming.

"I was full of fear and emotionally exhausted," she says. "I let myself get in

*"Sometimes I feel like my decision let down the feminist cause, but there's no way I can be the person people want me to be unless I take care of myself."*

She suspects she won't stay at this more laid-back pace forever—that the lure of politics will prove too tempting, and she'll return to office. "I wouldn't even rule out running for leader in the future," Leslie says. She knows, though, that her candour poses its own kind of risk: There can be tremendous skepticism about what a woman in a position of power can handle, which was on her mind when she told the media she didn't currently have the capacity for politics. "I bet they'll come at me like, 'Oh, maybe she'll be too tired,'" she says. "But I am in a period of really powerful restoration, and it has made me realize I need more breaks. I'm so tapped out, and I really don't want to be in a position where it takes me this long to recover again."

The quest for that kind of flexibility is what led Koh to her position at a packaging and sustainability not-for-profit. As long as she meets her deadlines and is available on email, she can work wherever she likes and manage her own hours. "I miss Toronto's diversity, but I just bought a house in Wasaga Beach [Ont.], which would've been impossible as a single person in the city," she says. She punctuates concentrated bouts of work with breaks for yoga or paddleboarding. "I feel self-conscious when I say that I love flexibility, because there's an underlying perception that you're lazy," Koh says. "I work really hard. I'm just not bogged down by the 9 to 5."

She remains a highly sought-after employee: Last December, a big corporation offered her a position that would pay a full third more than her current job. It would have allowed her to take care of her mortgage and score a fancier car, a cushier pension and a title built for bragging. "It wasn't just the money that would've been cool—it was this idea of traditional success," Koh says. "But I would have felt like I was going backwards, to those years when I was miserable. I want to do what fulfills me, because if I'm happy with myself, I can make other people happy." So she refused the job. She kept the Mazda. And then she made the most of the snowboarding season, taking afternoons off when the conditions were right and checking her emails from the ski lift.

that situation—I wasn't communicating my needs or setting enough boundaries." She started thinking about running her own consulting business, which would mean trading security for more flexibility. As soon as her son felt better, Blake took him with her into the office and resigned on the spot.

We can be overreliant on a certain vocabulary to describe women who get off the corporate ladder: Having failed to lean in, they've chosen to opt out. But that language doesn't account for the women who want to open up their careers, to better integrate their personal and professional identities, to find work that engages them without cannibalizing the other elements of a rich, meaningful life.

Blake knew that moving to freelance consulting would cut her paycheque significantly, and she concedes she's had to let go of the more conventional notions of career advancement. "Sometimes, it doesn't seem like there are those big goals of achievement that I'm striving for," she says. "I still struggle with explaining what I'm doing, for example, to my father. But he sees I'm better off emotionally, mentally, physically."

Blake doesn't view her career switch as opting out: She has taken an entrepreneurial risk. And by pitching her own projects, she's gained the time and space to be creative and curious. "I wake up and I'm brimming with ideas," she says. "I feel like things are falling into line with what I want my life to look like. I have freedom now, and to me, that really is the definition of success."

That's something that Coffman, who co-authored the Bain study, is hearing more and more from employees. "The days of working 60-hour weeks for 30 years at the same company are long gone," she says. "There's a wider array of professional models to get real fulfillment and real, tangible results."

Leslie didn't lose her appetite for hard work along with her parliamentary seat. Late last year, she accepted a job as a senior consultant on ocean governance for World Wildlife Fund Canada, which provides her with new mentors, new skills and the chance to go home at the end of the day. "I really like spending time with my boyfriend. After the election, he said, 'Okay, I'm introducing you to the concept of the weekend,' because I hadn't had one in so long."

*Names have been changed at the subjects' requests.

THE CHATELAINE

# Q&A

## Advice columnist **Heather Havrilesky** (a.k.a. Ask Polly) on agony aunts, feeling your feelings and making choices in the modern world

*By* KATIE UNDERWOOD
*Photograph* KRISTIN ROGERS

Being a human is hard. Should you have kids? Should you take that job overseas? Almond or coconut milk? (See? *So* hard!) But here's an illuminating truth: No one has a clue what they're doing—not your parents, not your buttoned-down boss, not even your ex-boyfriend's new girlfriend with the perfect beachy waves. For centuries, we've asked faceless oracles from Dear Abby to Dear Sugar to airlift our hopeless species out of its perpetual fog. But modern questions—Career or baby? Desk job or artist's life?—demand a modern voice. Enter Heather Havrilesky, a California-based writer, whose expletive-packed "Ask Polly" columns for the style website the Cut are feverishly shared each week. In her new book, *How to Be a Person in the World: Ask Polly's Guide through the Paradoxes of Modern Life*, Havrilesky sets her alter ego's sometimes acerbic, always affectionate gaze on such evergreen issues as loneliness, pathological people-pleasing and herpes anxiety. Here, Havrilesky discusses exactly how to be a person in the world.

**What's the best advice you've ever received?** My mom was always encouraging me not to get hung up on guys. She would say, over and over again, "You're not going to care about this guy in a few years." I just took it as a sign that she wasn't in touch with my emotional life, and I'd say, "You don't understand! I love him so much!"

**Which was probably true at the time . . .** People tend to say things like "Never move for a man" or "Don't put too much stock in what other people think of you." And it's like, "Okay! I'll just stop doing that!" But good advice is never one line long. The whole point of this book is to go into more depth. If you say, "Here's what happens when you put too much stock in what other people think of you," it's more of a road map.

**Why do we feel compelled to give advice when no one really takes it?** One of the great joys of writing an advice column is that people are taking my advice for the first time in my life. Your friends call you on the phone and they ask for your advice, but they don't want it; what they really want is to tell you how they feel. And since most of us had parents who didn't have the time or energy to truly get us, we're kind of looking for that experience over and over again. Giving and pretending we want advice is the loose structure by which we seek to understand and be understood.

**Polly's voice is pretty different from, say, the neat and tidy aphorisms of Ann Landers. I'm referencing your liberal use of *shit* and f-bombs. Do you think that tone is better suited to the modern age?** I don't know. It's just my voice. When you're talking about all the heavy things you have to swim through in your 20s and 30s—shitty boyfriends, bad choices, go-nowhere careers—it's natural to be appalled and outraged. The language for that is pretty angry and bewildered. When I first started writing my column, I was angry at so many things and could finally let them out, so I would use *f--k* five times in a single sentence. What feels authentic now is saying it three or four times per column.

**That's slightly more moderate.** It's not so much the word, either, but what it signals: It [conveys] the kind of intimacy you'd have with a good friend talking with you about what you're going through.

**Between you, Cheryl Strayed's Dear Sugar and Dear Prudence at *Slate*, it seems like we're seeing a resurgence in agony aunts.** I hate that term.

**Yeah, it has a kind of old-crone-y vibe. Regardless, what does our renewed interest in advice columnists tell you about how existentially screwed humanity is these days?** Even though there's more understanding and acceptance of mental health issues, there's also the sheer difficulty of moving your way through a world that is less traditional. Making choices used to be easier: the marriage, the job you'd have for 20 years, the retirement with full pension. Suddenly, we have a universe of choices, and, thanks to social media, there's a feeling that everyone can see which choices you're making, on video and with sound, which is a deeply self-consciousness-inducing thing.

**Our current culture is so comparative — and we've always been like that, but it's now on a much, much larger scale.** You know those times when you're like, "My God, some people have infinite money and infinite beauty in their lives"? And then you turn back to your life, and there's a stain on the carpet right next to your foot? The sense that you're living the wrong way is ever-present. We need constant reminders to do the best with what we have and enjoy it—to create what we really want in our little corner, and not always feel like the centre of the world is located somewhere else, somewhere far from us.

**We've also moved away from the mindset that only those who've lived perfect, sanitized lives are qualified to weigh in on other people's business.** I'm not some clean, perfect human being who doesn't f--k up. I do constantly. I have a lot of built-in trouble on board. But I've been paying neurotic attention to a lot of crazy things for a long time, so while I'm not the paragon of how people should be living by any stretch of the imagination, I do know what the f--k they should be doing.

"The best thing you can teach yourself—no matter what you've been through—is to appreciate and enjoy the shitty, half-formed picture you're in."

[redacted]

**You inject your own experiences into the advice you give — problematic drinking, the early death of your dad, your taste for flinchy guys. Do you think it improves your advice to say, "Hey, I've suffered too"? Or does it take away from it?** I can't necessarily find the centre of a problem until I travel back and say, "This is something that I went through that feels similar." Just saying "Here's what you have to do" doesn't acknowledge where the human being is, or that you care deeply about what that person thinks.

**What are some other tenets of giving good advice?** Sometimes, when I read a letter, the person's values are different than mine, and even though I can't relate to those things, I try to honour their priorities. One thing many of us have lived through is having lazy parents who don't validate our choices—they just want our choices to look like theirs. So saying to someone, "Look, you need to honour what you give a shit about, and not mould your desires around what someone else thinks," is a very essential part of good advice. Another part is the reminder that you're not on a journey that will land you in a glorious, exalted spot, which is a message our culture gives us over and over again: Get better, work harder and eventually you'll be in a golden castle on

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"It's okay to be a cobbled-together, broken human being who is flying by the seat of her pants. Everyone is doing that."

[redacted]

a hill! Or that the only people who are really alive look like Kim Kardashian.

**Ah, yes, the chosen one.** The power of [that messaging] is so great. I'm 45 years old, I have three dogs, two kids, and I live in a nice place. But I can look at a picture online and get the sensation that I am a maggot underneath someone's shoe.

**Still, a lot of people see "self-love" as clichéd, probably because it's so different from the usual North American MO, which is striving.** You can have all of the trappings of happiness and still struggle like hell. The best thing you can teach yourself—no matter what you've been through—is to appreciate and enjoy the shitty, half-formed picture that you're in. At 28, I moved to L.A. and had started therapy in the middle of a very sad phase. And I remember putting on this Alanis Morissette album—

***Supposed Former Infatuation Junkie?*** Yeah, the one with "Thank U." She sang about how she would be fine if she gained a lot of weight, and she would be good even if no one loved her. The notion that you don't have to earn your right to feel okay was completely new to me. I was like, "What *is* this?"

**We could have therapy up the wazoo, offload all of our childhood garbage, have a kind, loving partner and a gangbusters career and still not figure out how to be a person in the world. Can we ever know?** People live like their brains are in a tank, you know? It's so easy to become someone who's calcified, someone who's been saying the same shit they've said for 20 years. But the idea is to be aware of how incredible it is to be alive as much as you can during every day. The thing that makes it possible to be adventurous, to go into different environments without fear—and to not take every single thing personally—is just deciding that it's okay to be a cobbled-together, broken human being who is flying by the seat of her pants. Everyone is doing that.

**Many people won't like you saying they have to feel their feelings.** A lot of people have just a ton of emotional stuff inside of them that needs to find something to connect to and to come out. But the more I feel good and bad, the happier I feel. So when things come up that make you feel things, feel them instead of saying, "Stop! Stop! Stop!"

**I just need to watch one of those online videos about animal friendships, like dogs and elephants playing, and the feelings kick in.** I listen to heartbreaking music or I answer my column. I used to want to be a rock star; I wanted my feelings to come out in carefully curated ways. But my career is built around total openness. The thing you realize as you get older is that you might think you're tricking everybody, but no one is fooled. At some point, you have to say, "Everyone can see me. I might as well tell the truth about myself all the time."

**It's like how dogs need a pack leader: People need to know how to think about you, and you need to be the one to direct them. Otherwise they get nervous.** Absolutely. My friends accept my inconsistencies, but generally, the masses want a pack leader. They do not want a conflicted, inconsistent human in their lives.

**Well, too bad for them, I guess.** Yeah, f--k them. ©

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# THE PINKING OF POT

**CANNABIS-INFUSED MOISTURIZERS, TEAS AND TOAST TOPPERS? WELCOME TO CANADA'S ALMOST-LEGAL WEED REVOLUTION—LED BY WOMEN FOR WOMEN**

*By* **RACHEL HEINRICHS**
*Photographs by* **ERIK PUTZ**

On Sunday afternoons at Queens of Cannabis, a pretty, new fuchsia and white dispensary in Toronto, a dozen or so women in their mid-30s to 60s gather for High Tea. They choose from locally farmed, organic fair trade tinctures—green tea, ginger, ginseng—and snack on homemade lemon drop and peanut butter cookies, all vegan, gluten-free, non-GMO and infused with weed. The ladies, who are medical users, commiserate about the ailments that brought them in, whether they be anxiety, insomnia or fibromyalgia. After, they might stay for a joint-rolling workshop or for a hot-stone massage enhanced with cannabis massage oil, or they might sign up for ganja yoga (toking and posing classes held at a nearby park).

The proprietors, Tania Cyalume, 37, and Brandy Zurborg, 34, both became medical smokers after accidents left them injured and suffering from chronic pain. Their hope in opening the shop was not only to help their clients feel better but to overhaul the public perception of weed in Canada. Cannabis culture has long been created by and for the Seth Rogens of the world. It's a not-quite-legal niche of seedy head shops manned by bloodshot dudes, stocked with psychedelic bongs and branded with pot leaves wearing Rasta hats. Stoner movies star bro-friends, like the Trailer Park Boys, Cheech and Chong, and Harold and Kumar jonesing for White Castle. One female smoker I spoke to affectionately calls this the "dirty pothead" scene, and it is about as appealing to adult women as a frat house at 4:20 p.m.

Pop culture has gone some way to balancing the stoner stereotype. Rihanna and Miley Cyrus raise their spliffs like defiant middle fingers, but they're twentysomethings without traditional day jobs or kids. Women like the ones at High Tea have had few cultural touch points; plus, Cyalume tells me, "they're afraid they'll be seen as bad moms or that child services will get involved, and we want them to know this is a welcoming place for them." Zurborg chimes in, "There's still a lot of stigma for women."

**This stigma is** fading fast. A 2014 poll conducted by NBC and the *Wall Street Journal* asked 1,000 people in the U.S. which substance they think is worse for a person's overall health—tobacco, alcohol, sugar or pot—and most respondents chose alcohol, tobacco and even sugar ahead of marijuana. And a 2015 Forum Research survey found that 59 percent of Canadians support legalization. Sensing this shift in attitude, Justin Trudeau's Liberal Party ran last fall, in part, on a platform to legalize marijuana's recreational use by spring 2017, with Trudeau arguing it's no worse than tobacco or alcohol. Experts have long debated that claim, and researchers are quickly settling the argument: A 2015 study published in *Scientific Reports* confirmed pot is far less likely to kill you than the other two substances; alcohol is 114 times riskier than weed. Which isn't to say that cannabis is the new kale. If there were TV commercials for pot (and there may be soon), the voice-over would rattle off possible side effects—cognitive impairment, mood disorders, psychological dependence—as with any other drug. But the authors of the study concluded that regulation makes more sense than prohibition.

The only legal way to buy weed in this country is to mail-order it from one of 31 licensed producers, provided you have a prescription from your doctor and a licence from Health Canada. But Trudeau's promise sparked an explosion of illegal storefront dispensaries across the country. There are an estimated 350 in Canada, and Toronto alone has over 100, scores more than it did a year ago. Some strictly require patrons to show their licence; others only need you to bring in a prescription for painkillers, antidepressants or a similar medication; and others arrange for you to Skype with a doctor who can write a prescription on the spot. Many of these dispensaries are as dodgy as you'd expect (you'd be forgiven for griping about them lowering your house's value if you lived nearby ) and are likely to fold before legalization. But the savvy ones, like Queens, understand that appealing to 30-plus women is the surest path to legitimizing the business and normalizing cannabis within the broader culture.

Health Canada's most recent numbers on women and weed date back to 2013, when 7 percent (around one million females) admitted to smoking in the past year—though that number is

likely low, given many women don't confess. The U.S., where cannabis use has doubled among adults in the last decade—and even quadrupled in segments of the boomer population—offers more detailed data: A 2015 National Survey on Drug Use and Health found that 40 percent of cannabis users are women. That's around 13 million females, the vast majority of whom are over the age of 26 and have some college education or a degree.

These new buyers are more health- and image-conscious than men. They don't want to damage their lungs, reek like a high school hotbox or face their kids' teachers, let alone their bosses, with red eyes. "Women tend to look for the cleanest mode of extraction," says Zurborg, "so they prefer vape pens, edibles [cookies, lollipops, etc.] and topical creams [infused lotions that can help soothe joint pain]. They're the ones who care if their cannabis is fair trade and organic." "Guys just want to know what will get them messed up," adds Cyalume.

They're also more aesthetically appreciative, according to Alan Gertner, a former Google strategist who launched what he hopes will become an international cannabis-based lifestyle brand called Tokyo Smoke. His shop, a vintage-y, hip nook amid Toronto's downtown condos, is aimed squarely at the area's moneyed denizens. Gertner doesn't sell pot, though he plans to partner with a licensed producer to grow organic, house-branded stuff once it's legal. He'll add it to his fastidiously curated collection of espresso, cold-pressed juices, dress shirts, $60 candles and artisan-crafted bud grinders, vaporizers and other paraphernalia for those who like to smoke out of *objets d'art*. He tells me that he'd heard stories of couples going to traditional head shops and the women waiting in the car because they were embarrassed to go in. "Men are less used to great retail," he says, "and as this market evolves, there need to be beautiful places to engage [women] in cannabis culture." The Saturday afternoon crowd in his boutique—hand-holding couples, curious post-brunchers, tethered French bulldogs—suggests he's right.

Vancouver, already a couple of years into its own pot revolution, has recognized this need, too. Kitsilano, the birthplace of Lululemon and home to some of the priciest real estate in the country, now has at least 11 dispensaries. The toniest of the bunch, Buddha Barn, is owned and run by women who just launched a line of anti-aging skincare (cannabis is rich in antioxidants and fights inflammation). They also run a Pinterest-worthy recipe blog, showing readers how to infuse everything from peach cobbler to tacos with marijuana.

These small businesses are just the first step toward the gentrification of weed. Gertner believes cannabis will be to Canada what champagne is to France, given our position as a world leader in legalization and potential for growing. That claim sounds grandiose, but consider that Galen Weston Jr., president of Loblaw grocery stores and Shoppers Drug Mart, recently announced he plans to sell pot at both his mega-chains. What was once a grimy subculture and underground economy is now poised to become a massive mainstream industry that Canadian market analysts estimate will see annual revenues of $5 billion come legalization.

Such vast economic potential is the basis of Women Grow, an organization dedicated to re-branding the weed industry as female-friendly, so women see it as both a legitimate and lucrative career option and a culture to which they can belong. The group's co-founder, Jazmin Hupp, was born in Victoria and raised by hippie-era pot activists. Since she started Women Grow in 2014, both *Forbes* and *Fortune* have deemed her a cannabis visionary, and membership has expanded to 45 North American chapters, including ones on Vancouver Island, in Edmonton and in Toronto. Members can meditate and paddleboard with other cannabis-loving ladies on wellness weekends and attend monthly networking events.

I went to a recent mingler in Toronto. The conference room, which was notably free of garish green pot-leaf logos, was filled with women ranging in age from 25 to 60, most of them dressed in business-casual attire, which is encouraged by the organization to professionalize meetings. Some were just cannabis curious, while others work in the industry, baking edibles, making topical rubs or running their own dispensaries. They gathered to see Hupp deliver a TED Talk–style presentation about the female-driven future of the plant. Pacing the room in floral silk pants and a leather blazer, she

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**1.** Mary's Wellness tisane, sample only, marysjava.com. **2.** Ceramic pipe, $59, tokyosmoke.com. **3.** 10:1 Cannabis Oil, from $95, tweed.com. **4.** Neon bud grinders, $59 each, tokyosmoke.com. **5.** Charlene Freedom epsom salts, $25, queensofcannabis.ca. **6.** Floral vaporizer pen, $125, tokyosmoke.com. **7.** Echinacea and peppermint teas, $30/box of 24 bags, marysjava.com. **8.** Charlene Freedom sunscreen, $45, queensofcannabis.ca. **9.** Pastel lighters, $45 each, easytigergoods.com. **10.** Ceramic pipe, $59, tokyosmoke.com. **11.** Charlene Freedom vaginal suppositories, $20, queensofcannabis.ca. **12.** Ombré pipe, from $110, easytigergoods.com. **13.** Lighters, $35 each, easytigergoods.com. **14.** Vaginal lubricant, $16, purebliss.is.

explained that women will soon be the primary consumers across all three of pot's major marketable categories: medicine, wellness and recreation.

Women make 80 percent of the health care decisions in Canadian families and account for the majority of spending on over-the-counter drugs, so, she reasons, "you're going to be going through the mothers of this country to have cannabis in your households." We also dominate spending on wellness—yoga, essential oils, herbal supplements that enhance our moods or help us lose weight. "Ladies, look for strains high in CBN"—a compound in cannabis that supposedly counteracts munchies-making THC—"and see if they also help you suppress your appetite," she says as audience members immediately scratch "CBN" in their notebooks. Hupp rounded out her argument with the ineluctable fact that we're all just desperate to relax without damaging our livers or downing a bottle's worth of pinot grigio calories. And, if we become the primary consumers, she asks, why can't we also be the primary growers, marketers, start-up founders and, eventually, the CEOs who cash in?

You can already glimpse this emerging market in California, a bastion of legal pot production, where Whoopi Goldberg just released a line of body balms, bath salts and even a chocolate spread for toast (it soothes PMS and chocolate cravings at the same time, boasts Goldberg's website) and Melissa Etheridge sells ganja-infused private-reserve wines, each bottle autographed by the singer. Soon our kitchen cupboards and medicine cabinets may carry the skunky whiff of weed.

**Many members of** Women Grow made the leap from toker to entrepreneur. Some had suffered injuries or chronic ailments, like scoliosis and endometriosis, and reported opioid side effects that drove them to seek alternative pain management. They've become evangelists for the normalization movement and view their role as educators and caregivers of other women, rather than dealers. Christa Schadt, an artist from Salt Spring Island, for example, found post-menopausal sex painful due to a drop in estrogen that left her with vaginal dryness. She started making her own cannabis lubricant that relieves the pain and enhances sensation. She just won a marijuana trade show award for best sex topical, and she is planning to up production, offering the Frankies and Graces of Canada new leases on their sex lives.

More commonly, though, women talked about anxiety and neuroses, whether professionally identified or self-diagnosed, and the need to slow down at the end of a stressful day. An elementary school French teacher learning how to bake edibles told me she'd brought her anti-anxiety and sleeping pills to a Kensington Market dispensary in Toronto, where they gave her a couple of sativa-indica blends to try for a clear-headed daytime calm and straight-up indica for nighttime, when she needs sleep. (The kids in her Catholic school are learning to say no to drugs right now, and she had to bite her tongue when one told her that people who smoke pot go crazy.)

Few women admitted to pure recreational use. Lisa Campbell, who works in marketing by day and runs the Toronto chapter of Women Grow in her spare time, tells me this is because, historically, medical use was the only context in which women could talk about pot without drawing judgment—or child care authorities to their homes. She's an unabashed good-time toker and is excited about the prospect of broadening the conversation. "It's just as relaxing as having a glass of wine at the end of a workday, and no Canadian should feel ashamed about enjoying that," she says.

This is the ethos behind Vapor Central, a Toronto lounge where the public is free to smoke or use the provided $600 Volcano vaporizers (the "Cadillac" of vapes, according to review websites), so long as they're over 18 and bring their own supply. On a Tuesday after work, the hazy room is filled with slow-blinking dudes reclined in faux-leather sofas or playing board games, while a table of thirtysomething women in sundresses roll their own pin-perfect joints. The manager, Kayla Baptiste, and the place's long-time "hemployee," Sarah Hanlon, both old school stoners, tell me they see plenty of females who drop in to smoke. "Even a year ago, before Trudeau, the split in here was 80 percent men, 20 percent women," says Hanlon. "Now it's more like 60:40. The other day, there were two guys and 20 women, which would never have happened before. Now we can play 'Lemonade' [by Beyoncé] on the stereo and, I mean, look at the TVs right now," she says, gesturing to the big screens around the room. "We're watching *The Breakfast Club*! Things are definitely changing."

In a couple of years, Hanlon hopes, Canada's pot culture will parallel the one we have for drinking: slick vape lounges for Bay Street suits and neighbourhood watering holes for couples with sitters. She even hopes that there will be dive bars for the dirty potheads to fly their freak flags. On the medical side, rheumatologist Dr. Carolina Landolt, who recently opened a clinic to help patients manage chronic pain with cannabis, is optimistic about pharmacists doling out the drug. Right now, she says, many doctors support their patients using cannabis but may not have enough expertise to prescribe it. Both patients and dispensary owners are working on a trial and error basis that, while more sophisticated than dime bag deals, needs to be grounded in formal training.

Until then, the country's illegal pot trade is stuck in limbo. In late May, Toronto mayor John Tory called for city-wide raids on dispensaries as a temporary measure to curb their proliferation and prevent them from setting up near schools. He thinks the city can look to Vancouver and Victoria, where more rules are in place, as models. In the meantime, 257 charges were laid against 90 people.

This kind of upheaval is old hat to Hupp, who lives in northern California and works with start-ups in Colorado, where recreational use is legal. During her talk, she reassured the crowd that they can weather the current chaos: "How you operate today may not exist in six months. In Colorado, for example, the regulations changed every six months, so nobody could do their packaging, nobody could decide what their product would be, but the women who came together in great diverse teams kicked ass [during that time] because who else is used to taking a lot of crap and rules from society—rules that we have to follow arbitrarily and aren't exactly fair and that we didn't make up—but women?" Three weeks after the raids, Queens of Cannabis is open, and High Tea is still on.

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# August Spotlight

This year, **Chatelaine** partnered with **Product of the Year Canada** to identify the best new goods on the market. Here are some of the winners

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presents

VOTED PRODUCT OF THE YEAR
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**Whirlpool® 7.3. Cu. Ft. Hybrid Care Ventless Duet Dryer with Heat Pump Technology**
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Winner in the Coffeemakers Category
Retail Price: $299.99

**KitchenAid® 25.8 Cu. Ft. 36" Multi-Door Freestanding Refrigerator with Platinum Interior Design, KRMF706EBS**
Winner in the Refrigerator Category
Retail Price: $5,299.99

**Kataria Foods Inc. Coconut Curry Sauce**
Winner in the Soups & Sauces Category
Retail Price: $4.99

**KitchenAid® Tri-Ply Copper 10-Piece Cookware Set**
Winner in the Cooking & Baking Accessories Category
Retail Price: $1,299.99

**The Entertainer Red Blend by Wolf Blass**
Winner in the Wine Category
Retail Price: $15.95

**Gabriella's Kitchen skinnypasta HIGH PROTEIN Fresh Pasta**
Winner in the Pasta Category
Retail Price: $5.99

**KitchenAid® 44 dBA Dishwasher with Clean Water Wash System**
Winner in the Dishwasher Category
Retail Price: $1,549.99

**McCain® Onion Rings**
Winner in the Frozen Sides Category
Retail Price: $3.99

**Whirlpool® Cabrio 6.1 Cu. Ft. I.E.C. High-Efficiency Top Load Washer and Precision Dispense**
Winner in the Washer Category
Retail Price: $1,399.99

**Our Finest Cheddar Cheese & Applewood Smoked Bacon Beef Burgers**
Winner in the Frozen Foods Category
Retail Price: $11.97

**Nordica Smooth Cottage Cheese**
Winner in the Dairy Products Category
Retail Price: $4.49

Learn more about these products at productoftheyear.ca

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The
SQUEEZING IN
SOME "WE" TIME
recipe
Crunchy Chocolate Chip
Peanut Butter Snack Bites
Kraft
MIX
ROLL
CHILL
Find this recipe and more at sticktogether.ca

The handles on this Staub en France ceramic pie dish make it easy to haul in and out of the oven. *$55, kitchenstuffplus.com.*

**Lavender**
Whirl dried **lavender** with **sugar** and add to a fruit-crumble topping.

**Basil**
Finely chop and sprinkle over cool blueberry pie.

## Herbal essence

Slivered herbs add a fresh and fragrant zing to a sweet fruit salad, and we love garnishing summery fruit pies with them too. It's a quick and easy trick to make your show-stopping desserts taste even more irresistible.

**Rosemary***
Steep 1 tbsp chopped **rosemary** in 1 cup chilled **cream** overnight. Strain and discard the herb. Beat cream with 1 tbsp **sugar** until soft peaks form. Serve with pie.
*Substitute fresh **lavender** or ¼ cup chopped fresh **basil**.

*photograph* **ERIK PUTZ**

# Rock the cookout

These chic accessories are the tools you'll need for a stylish and functional camp kitchen

*Paler Male (Redux) Hudson Bay axe, $356, bestmadeco.com.*

*German kerosene lantern, $53, kaufmann-mercantile.com.*

*Alite Designs Fiesta cooler, $138, mec.ca.*

*Ursack Major S29.3 bear-resistant bag, $119, mec.ca.*

*Jetboil MiniMo cooking system, $150, cabelas.ca.*

*Hot water in three minutes!*

*Mugs, from $12, drakegeneralstore.ca.*

**Pro tip:** *Plan your meals so you use up meat and eggs during the first two days, then move on to canned and dried goods.*

## Spice life

*This handy camp tool has watertight, dual-chamber modules to store up to six different spices*

**1. Thyme** An all-star herb that we put on just about everything. **2. Cinnamon** Sprinkle it over campfire coffee, cocoa or French toast. **3. Herbes de Provence** Mix a pinch with olive oil and salt, and add to potatoes, peppers or carrots wrapped in foil. **4. Cayenne** Just a touch will kick up our grilled maple-bacon sweet potatoes and camp burgers. **5. Montreal steak spice** Amps up the flavour of our mac and cheese. See recipes on page 95.

*Spice Missile, $11, gsioutdoors.com.*

STOVES

## Heated debate

The pros and cons of three outdoor cooking methods

**OPEN FIRE**
Provides a natural heat source and delicious smoky flavour, but is weather dependent and must be constantly tended.

**GAS**
Quick to set up and provides consistent heat, but the cooking surface is small and there's more equipment to pack.

**CHARCOAL**
Inexpensive and creates a super-hot flame, but the heat is challenging to control and the cleanup is messy.

*We love these Que briquettes made from coconut shells, $15, quegrilling.com.*

MUGS AND SPICES PHOTOS, ROBERTO CARUSO.

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Bake-Ahead French Toast Loaf
P. 95

# HAPPY CAMPERS

*Photographs by* ERIK PUTZ
*Prop styling by* RAYNA SCHWARTZ
*Food styling by* ASHLEY DENTON

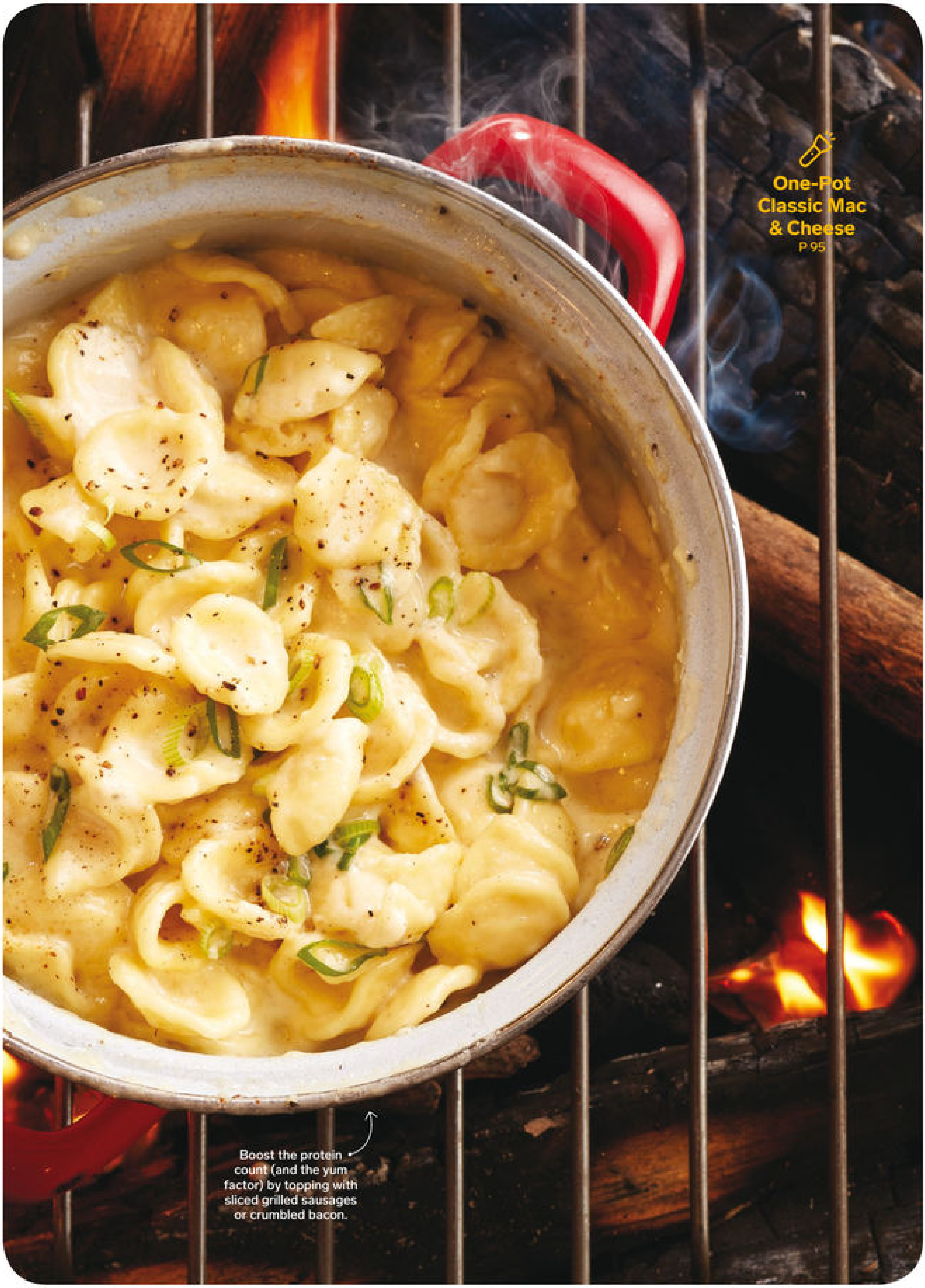
EST. 2016

**Hiking. Kayaking. Chilling on a floatie. No matter what's on the itinerary for a day outdoors, it's gotta wrap with a feast around the firepit. These homey camping recipes are a cinch to prepare**

Surprise! These juicy patties are stuffed with Babybel rounds for a cheesy hit minus the mess on the grill.

**Cheesy Camp Burgers**

P.95



**One-Pot Classic Mac & Cheese**
P 95

Boost the protein count (and the yum factor) by topping with sliced grilled sausages or crumbled bacon.

**Maple-Bacon Sweet Potatoes**
P 95

Rub the potato with a bit of olive oil before baking for extra-crispy skin.

This recipe also
works brilliantly
with kidney
beans or lentils.
Pantry
Salad
P 97

The secret to this reimagined campfire dessert? A caramel-filled chocolate bar. You can go fancy, but good ol' Caramilk works great.

**Caramel Skillet S'mores**

P 97

## Bake-Ahead French Toast Loaf

**Serves 6**

**Prep** 15 min; **total** 1 hour 5 min

| | |
|---|---|
| 3 | eggs |
| ¾ cup | 35% cream |
| ¾ cup | milk |
| ½ cup | granulated sugar, divided |
| ½ tsp | cinnamon |
| 1 | crusty French loaf, about 600 g |
| ¼ cup | melted butter |
| | maple syrup, assorted berries & nuts for garnish |

**1.** Position rack in bottom third of oven. Preheat to 375F. Line the bottom of a 9×13-in. baking dish with parchment. Whisk eggs with cream, milk, ¼ cup sugar and cinnamon in a medium bowl.

**2.** Cut loaf into 1-in. slices, stopping 1 in. from the bottom so the loaf stays intact. Arrange loaf in prepared pan. Gradually pour egg mixture between slices, opening up loaf to let mixture soak in evenly. Flip loaf over and let stand for 15 min. Flip loaf back, cut-side up, and drizzle butter overtop. Sprinkle with remaining ¼ cup sugar.

**3.** Bake in bottom third of oven until golden brown, 35 to 40 min. Serve with maple syrup and fresh fruit or nuts.

**Per serving** 574 calories, 17 g protein, 76 g carbs, 23 g fat, 3 g fibre, 769 mg sodium. Excellent source of vitamin $B_{12}$.

**Prep tip** If loaf is too long, trim ends to fit baking dish.

**Camp prep tip** Cool baked loaf. Double-wrap with foil and store in a resealable bag. Refrigerate until ready to take to camp. Store in a cooler. Reheat foil-wrapped loaf over medium heat, turning often, until warmed through, 15 to 25 min.

## One-Pot Classic Mac & Cheese

**Serves 4**

**Prep** 10 min; **total** 30 min

| | |
|---|---|
| 2 ½ cups | 1% milk |
| 1 cup | water |
| 1 tbsp | butter |
| 250 g | orecchiette pasta |
| 3 cups | finely grated old cheddar |
| ½ cup | mascarpone |
| 2 tsp | Dijon mustard |
| 2 tbsp | sliced green onions |

**1.** Boil milk with water and butter in a non-stick pot over medium. Reduce heat to medium-low.

**2.** Add pasta. Cook, stirring often, until orecchiette is tender and most of the liquid has evaporated, 17 to 20 min. Remove from heat. Stir in cheddar, mascarpone and Dijon until cheeses melt. Season with fresh pepper. Garnish with green onions.

**Per serving** 770 calories, 39 g protein, 56 g carbs, 43 g fat, 2 g fibre, 662 mg sodium. Excellent source of vitamin A.

**Camp prep tip** Pack pasta and cheeses in separate resealable bags. Store milk, butter, Dijon and green onion in a cooler until ready to use.

## Cheesy Camp Burgers

**Serves 8**

**Prep** 20 min; **total** 25 min

| | |
|---|---|
| 4 20-g | mini Babybel cheese rounds |
| 1.5 kg | medium ground beef |
| ½ tsp | salt |
| 8 | hamburger buns |
| 8 | lettuce leaves |
| 2 | tomatoes, sliced into rounds |
| 2 | dill pickles, sliced |

**1.** Preheat barbecue to medium. Cut each cheese round in half horizontally. You will have 8 rounds total.

**2.** Divide beef into 16 portions. Flatten each into a very thin patty, about 4 in. wide. Lay a cheese round in the centre of each of 8 patties, then top with remaining patties. Pinch edges well to seal in the cheese, then pat down to flatten them to 5 in. wide. Sprinkle both sides of burgers with salt and fresh pepper.

**3.** Oil grill. Barbecue burgers, lid closed, until cooked through, 5 to 7 min per side. Serve on buns with lettuce, tomatoes and pickles.

**Per serving** 502 calories, 42 g protein, 27 g carbs, 24 g fat, 2 g fibre, 696 mg sodium. Excellent source of vitamin $B_{12}$.

**Camp prep tip** Pack buns, lettuce, tomatoes and pickles in separate resealable bags. Store in a cooler. Freeze burger patties and keep in cooler until ready to cook. Barbecue burgers from frozen over medium, lid closed, 8 to 9 min per side.

PRO TIP

### How to pack a cooler

Line the bottom with ice packs, and layer from the bottom up in this order:

**1** Frozen meats in leak-proof, airtight plastic bags. (Do not refreeze if thawed upon arrival.)

**2** Eggs and dairy, best kept in original containers.

**3** Other perishables, like dressings, sauces and condiments.

**4** Produce, layering heavy first, then delicate greens, then herbs and berries on top.

**5** Top with ice or more ice packs.

### Advanced class

Line the perimeter of the cooler with frozen bottled beverages to up the cool factor.

—

Store liquid items like dressings and sauces in canning jars to avoid crushing under additional weight.

—

Store non-perishable foods (potatoes, pastas, cereals) in collapsible crates to save precious cooler space.

## Maple-Bacon Sweet Potatoes

**Serves 4**

**Prep** 15 min; **total** 1 hour

| | |
|---|---|
| 4 | medium sweet potatoes, scrubbed clean |
| 4 | bacon slices |
| ¼ cup | sour cream |
| 2 tbsp | maple syrup |

**1.** Preheat barbecue to medium. Prick sweet potatoes with a fork. Wrap each tightly in foil. Barbecue potatoes, lid closed, rotating every 15 min, until potatoes are tender when pierced with a fork, about 45 min. Set aside to cool slightly.

**2.** Lay bacon on grill. Barbecue until crisp and

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golden, 3 to 4 min per side. (Bacon may flare up, so you may need to flip a few times.) Transfer to a paper-towel-lined plate.
**3.** To serve, unwrap and cut an X diagonally along the top of each potato. Pinch ends until the flesh pops out slightly. Mash the flesh lightly with a fork. Top each with 1 tbsp sour cream. Drizzle with maple syrup. Crumble bacon overtop.
**Per serving** 315 calories, 9 g protein, 59 g carbs, 5 g fat, 8 g fibre, 263 mg sodium. Excellent source of vitamin $B_6$.
**Oven directions** Prick sweet potatoes and arrange on a baking sheet. Bake in centre of 425F oven until tender, 45 to 55 min. Pan-fry bacon over medium-high until crisp, 7 to 8 min. Crumble over potahtoes, top with sour cream and drizzle with maple syrup.
**Camp prep tip** Wrap washed, pricked sweet potatoes in foil individually. Pack in a resealable bag. Store bacon, sour cream and maple syrup in a cooler until ready to use.

## Pantry Salad

**Serves 4**

**Prep** 15 min; **total** 15 min

| | |
|---|---|
| 2 tsp | lemon zest |
| 2 tbsp | lemon juice |
| 1 tsp | Dijon mustard |
| 1 | garlic clove, minced |
| ¼ tsp | salt |
| ¼ cup | olive oil |
| 540 mL | canned chickpeas, drained and rinsed |
| 398 mL | canned artichoke hearts, quartered, drained and rinsed |
| 1 | red bell pepper, finely chopped |
| ¼ cup | chopped parsley |

**1.** Whisk lemon zest and juice with Dijon, garlic and salt in a medium bowl. Whisk in oil.
**2.** Stir in chickpeas, artichokes, bell pepper and parsley.
**Per serving** 273 calories, 8 g protein, 28 g carbs, 16 g fat, 8 g fibre, 492 mg sodium. Excellent source of vitamin C.
**Camp prep tip** Salad can be made ahead, packed in a resealable bag and refrigerated. Store in a cooler until ready to serve.

## Caramel Skillet S'mores

**Serves 8**

**Prep** 5 min; **total** 10 min

| | |
|---|---|
| 5 50-g bars | caramel chocolate, such as Caramilk |
| 200 g | mini marshmallows |
| 408 g | graham crackers, broken into quarters |

**1.** Preheat barbecue to medium. Spray a 10-in. oven-safe frying pan with oil. Arrange chocolate bars in a single layer in pan. Scatter evenly with marshmallows.
**2.** Place pan on grill and heat, lid open, until marshmallows are golden, 4 to 5 min. Remove from barbecue and set on a rack. (Pan will be hot.) Scoop chocolate-marshmallow mixture with graham crackers.
**Per serving** 451 calories, 5 g protein, 80 g carbs, 13 g fat, 2 g fibre, 352 mg sodium.
**Oven directions** Bake in centre of 450F oven until marshmallows are golden, 3 to 5 min. (Keep an eye on the pan so marshmallows don't burn.)

PRO TIP

### The ultimate can opener

Don't forget to pack this essential tool. The Chatelaine Kitchen loves this sleek, compact model, which safely cuts around the outside rim of the can, leaving no sharp edges. *Swissmar, $24, kitchenniche.ca.*

## BERRY PAVLOVA WITH LEMON CURD CREAM

### INGREDIENTS

| | |
|---|---|
| 4 | large egg whites, at room temperature |
| 1 cup (250 mL) | granulated sugar |
| 2 tsp (10 mL) | cornstarch |
| 1½ tsp (7 mL) | PC® Black Label Madagascar Bourbon Pure Vanilla Extract |
| 1½ tsp (7 mL) | white vinegar |
| ¾ cup (175 mL) | 35% whipping cream |
| ¾ cup (175 mL) | mascarpone cheese, at room temperature |
| 1 jar (250 mL) | PC® Black Label Lemon Curd |
| 3 cups (750 mL) | mixed fresh berries (raspberries, blueberries and/or blackberries) |
| Garnish (optional): | icing sugar<br>mint leaves |

### INSTRUCTIONS

Preheat oven to 250°F (120°C). Line baking sheet with parchment paper; draw a 9-inch (23 cm) circle on paper and turn paper over.

Beat whites in bowl of stand mixer fitted with whisk attachment until foamy. Sprinkle in sugar 1 tbsp (15 mL) at a time, beating on medium-high speed for 7 to 8 minutes or until glossy peaks form. Mixture should feel smooth on fingertips. Scrape side and bottom of bowl with rubber spatula; fold in cornstarch, vanilla and vinegar.

Scrape mixture onto circle on baking sheet, spreading evenly. Form a hollow centre in mixture using back of a spoon, making it about 6 inches (10 cm) in diameter and 1 inch (2.5 cm) lower than sides.

Bake 75 minutes or until crisp on outside and eggshell colour. Turn oven off; leave oven door slightly ajar and let meringue cool to room temperature in oven, about 1 hour.

Whip cream in bowl until soft peaks form. Stir mascarpone to loosen; fold into whipped cream. Whisk to incorporate. Spoon mixture into meringue nest. Top with lemon curd and berries. Garnish with a dusting of icing sugar and a few mint leaves, if desired.

BLACK LABEL COLLECTION

# Loose Ends

How to use up leftover ingredients from this month's recipes

## 1.
**DIJON MUSTARD**
### Green Bean Sauté
Cook 300 g trimmed green beans in 2 tbsp butter in a large frying pan over medium-high for 3 min. Stir in ¼ cup water, 1 tbsp Dijon and ⅛ tsp salt. Cook, stirring often, until saucy, 2 to 3 min.

## 2.
**MASCARPONE**
### Grilled Rarebit
Bring 1 cup milk to a simmer in a saucepan. Reduce heat to medium-low. Whisk in ½ cup mascarpone. Simmer until thickened, 5 min. Remove from heat. Whisk in 1 cup grated white cheddar, ½ tsp Dijon and ¼ tsp Worcestershire. Season with fresh pepper. Spread over sliced crusty bread. Barbecue over medium, lid closed, until bread is toasted.

## 3.
**DILL PICKLES**
### Ultimate Macaroni Salad
Whisk 1 cup mayonnaise with ¼ cup diced dill pickles, 2 tbsp pickle juice, 1 tbsp Dijon and ½ tsp salt in a large bowl. Season with fresh pepper. Stir in 450 g cooked macaroni, 4 finely chopped celery stalks and 4 thinly sliced green onions.

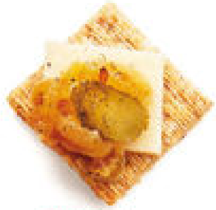
## 4.
**MAPLE SYRUP**
### Maple-Whisky BBQ Sauce
Cook 1 diced onion in 1 tbsp canola oil in a large pot over medium, until browned, 8 min. Stir in 796-mL can whole tomatoes, ½ cup maple syrup, ¼ cup cider vinegar, 2 tbsp whisky, 1 sliced garlic clove, 2 tsp Worcestershire and ¼ tsp salt. Boil, then simmer until thickened, 20 min. Transfer to a blender and whirl until smooth.

## 5.
**CINNAMON**
### Blueberries & Cream
Whisk 2 egg yolks with ¼ cup sugar, 1½ tsp cornstarch and ¼ tsp cinnamon in a bowl. Bring ¾ cup milk to a simmer in a saucepan over medium-high. Whisk milk into yolk mixture. Return to saucepan over medium-low. Whisk constantly, 2 min. Whisk in ¼ cup 35% cream. Spoon over blueberries.

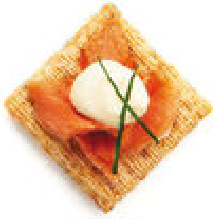
**MORE IDEAS WITH TRISCUIT**

## Quick bites

**Mascarpone + Berries + Hazelnuts**
Stir 85 g each blackberries and raspberries with 2 tbsp sugar and 1 tbsp lemon juice in a bowl. Let stand, stirring often, until syrupy, 15 min. Top 12 Triscuit Original Crackers with 1 tsp each mascarpone, then mixture. Top with 3 tbsp chopped toasted hazelnuts.



**Dill Pickles + White Cheddar + Caramelized Onions**
Cook 2 thinly sliced onions with ¼ tsp salt in 2 tbsp butter in a pan over medium, until dark brown, 20 min. Top 12 Triscuit Original Crackers with 12 squares aged white cheddar, then onions and dill pickle slices.



**Dijon + Sour Cream + Smoked Trout**
Stir ¼ cup sour cream with 2 tsp Dijon in a bowl. Season with fresh pepper. Divide 125 g flaked smoked trout among 12 Triscuit Original Crackers. Top with mixture and 2 tsp finely chopped chives.

FOOD STYLING, ASHLEY DENTON. PROP STYLING, RAYNA SCHWARTZ.



*photographs* ERIK PUTZ

MEGAN GIBSON
of PB&Jams combined lemon zest, peanut butter and blackberry jam.
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# Flake Out

Ready to meet the pie of your dreams? These foolproof mix-and-match recipes for rich crusts and fruity fillings let you dream up your own perfect combo

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**Very Cherry Pie**
Cream cheese pastry is very forgiving (it stands up to plenty of prodding), so it's a smart choice for beginners or for pros experimenting with cut-outs.
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**Raspberry Pie**
The all-shortening crust is supremely flaky but subdued in flavour, which lets the filling (like tart raspberries) shine.
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**Peach Crumble Pie**
The crunchy topping adds awesome texture and comes together in a flash.
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**Best Blueberry Pie**

It's all butter, all the time for this free-form pastry, which has tons of flavour. The best part? The messier the shape, the more perfectly rustic it looks.

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## choose your pastry*...

These four crust variations are easier to make than you might think—no machines required

### All-Butter Pastry

**Prep** 10 min; **total** 40 min

| | |
|---|---|
| 1 ¼ cups | all-purpose flour |
| 1 tsp | granulated sugar |
| ½ tsp | salt |
| ½ cup | cold unsalted butter, cubed |
| 3 to 5 tbsp | ice-cold water |

Stir flour with sugar and salt in a large bowl until combined. Add butter. Using your fingertips, work mixture until finely crumbled. Stir in ice water just until pastry can easily be formed into a ball. Add more ice water, 1 tbsp at a time, if needed. Dough should not be sticky. Form into a disc. Wrap with plastic and chill in refrigerator for 30 min.

**Per serving** 175 calories, 2 g protein, 14 g carbs, 12 g fat, 1 g fibre, 145 mg sodium.

### All-Shortening Pastry

**Prep** 10 min; **total** 40 min

| | |
|---|---|
| 1 ¼ cups | all-purpose flour |
| 1 tsp | granulated sugar |
| ½ tsp | salt |
| ½ cup | cold shortening |
| 5 to 6 tbsp | ice-cold water |

Stir flour with sugar and salt in a large bowl until combined. Add shortening. Using your fingertips, work mixture until finely crumbled. Stir in ice water just until pastry can easily be formed into a ball. Add more ice water, 1 tbsp at a time, if needed. Dough should not be sticky. Form into a disc. Wrap with plastic and chill in refrigerator for 30 min.

**Per serving** 186 calories, 2 g protein, 14 g carbs, 13 g fat, 1 g fibre, 144 mg sodium.

*Each recipe makes 1 9-in. crust, for 8 servings.

### Half & Half Pastry

**Prep** 10 min; **total** 40 min

| | |
|---|---|
| 1 ¼ cups | all-purpose flour |
| 1 tsp | granulated sugar |
| ½ tsp | salt |
| ¼ cup | cold unsalted butter, cubed |
| ¼ cup | cold shortening |
| 3 to 6 tbsp | ice-cold water |

Stir flour with sugar and salt in a large bowl until combined. Add butter and shortening. Using your fingertips, work mixture until finely crumbled. Stir in ice water just until pastry can easily be formed into a ball. Add more ice water, 1 tbsp at a time, if needed. Dough should not be sticky. Form into a disc. Wrap with plastic and chill in refrigerator for 30 min.

**Per serving** 181 calories, 2 g protein, 14 g carbs, 13 g fat, 1 g fibre, 145 mg sodium.

### Cream Cheese Pastry

**Prep** 10 min; **total** 40 min

| | |
|---|---|
| 1 ¼ cups | all-purpose flour |
| 1 tsp | granulated sugar |
| ½ tsp | salt |
| ¼ cup | cold unsalted butter, cubed |
| ¼ cup | cold cream cheese, cubed |
| 3 to 5 tbsp | ice-cold water |

Whirl flour with sugar and salt in a food processor. Add butter and cream cheese. Pulse until finely crumbled. With motor still running, add water, 1 tbsp at a time through the feed tube, until a ball forms, 30 sec. Form into a disc. Wrap with plastic and chill in refrigerator for 30 min.

**Per serving** 149 calories, 3 g protein, 15 g carbs, 9 g fat, 1 g fibre, 167 mg sodium.

PRO TIPS

## FOR PERFECT PASTRY

**Cold equipment is a must**
Place your bowl and pie plate in the freezer for 30 minutes before you begin.

**Cold hands, too**
Run them under cold water before handling the ingredients, or use a pastry cutter if your hands run warm.

**Parchment paper is your friend**
It'll prevent the dough from sticking and you'll use less flour (excess toughens the finished pastry). Sandwich the dough between 2 pieces of parchment paper, then roll it out.

**Slice the entire pie, then serve**
You're more likely to get a neat piece if you cut the pie into slices before removing it from the pan.

## ...add the summer flavour

We've paired the crusts with fruity fillings, but you can swap in your favourite

### Raspberry Pie

Serves 8

**Prep** 25 min; **total** 1 hour 35 min
**Plus** cooling time

| | |
|---|---|
| 680 g | raspberries (about 5 ¼ cups) |
| ½ cup | granulated sugar |
| ⅓ cup | all-purpose flour |
| 2 tbsp | lemon juice |

TO ASSEMBLE

| | |
|---|---|
| 1 | egg, beaten |
| 1 tbsp | water |
| 2 batches | All-Shortening Pastry |
| 2 tsp | coarse sugar |

**1.** Position rack in bottom third of oven. Preheat to 350F.
**2.** Toss raspberries with sugar, flour and lemon juice in a large bowl until coated. Let stand, stirring occasionally, until flour is absorbed, 10 min.
**3.** Beat egg with water in a small bowl. Roll out 1 pastry disc into a 13-in. circle on a lightly floured surface. Lift onto a 9-in. pie plate set on a baking sheet. Press dough over bottom and up sides of plate, leaving a 1-in. overhang. Scrape raspberry mixture into pastry. Brush overhang with egg wash. Roll out second pastry disc into a 14-in. circle, about ⅛ in. thick. Cut into 6 2-in. strips. Make a lattice top.
**4.** Brush lattice and overhang with egg wash. Sprinkle with

coarse sugar. Bake in bottom third of oven until golden, 1 hour and 10 min. Let stand at least 2 hours before serving, or overnight.
**Per serving** 412 calories, 6 g protein, 50 g carbs, 22 g fat, 7 g fibre, 232 mg sodium. Excellent source of folate.

## Peach Crumble Pie

Serves 8

**Prep** 20 min; **total** 1 hour 50 min
**Plus** cooling time

**FOR THE FILLING**

| | |
|---|---|
| 8 cups | pitted and thinly sliced peaches (about 10) |
| ⅓ cup | granulated sugar |
| ¼ cup | all-purpose flour |
| 1 | vanilla bean, seeds scraped out and reserved |

**FOR THE CRUMBLE**

| | |
|---|---|
| ½ cup | all-purpose flour |
| ¼ cup | granulated sugar |
| 2 tbsp | large-flake oats |
| ⅛ tsp | salt |
| ¼ cup | cold unsalted butter, cubed |

**TO ASSEMBLE**

| | |
|---|---|
| 1 | egg, beaten |
| 1 tbsp | water |
| 1 batch | Half & Half Pastry |

**1.** Position rack in bottom third of oven. Preheat to 350F.
**2.** Toss peaches with ⅓ cup sugar, ¼ cup flour and vanilla seeds in a large bowl until coated. Let stand, stirring occasionally, until flour is absorbed, 10 min.
**3.** Stir ½ cup flour with ¼ cup sugar, oats and salt in a medium bowl. Add butter and, using your fingertips, work mixture until crumbly.
**4.** Beat egg with water in a small bowl. Roll out pastry into a 13-in. circle on a lightly floured surface. Lift onto a 9-in. pie plate set on a baking sheet. Press dough over bottom and up sides of plate, leaving a 1-in. overhang. Tuck pastry edge under itself and crimp together using your index finger and thumb, or press around edges using the tines of a fork. Scrape peach mixture evenly into pastry. Lightly brush pastry with egg wash. Sprinkle crumble mixture over peaches.
**5.** Bake in bottom third of oven until golden, 1 hour and 30 min. Let stand at least 2 hours before serving, or overnight.
**Per serving** 413 calories, 6 g protein, 55 g carbs, 20 g fat, 4 g fibre, 187 mg sodium. Good source of vitamin A.
**Kitchen tip:** Use a sharp paring knife to slice vanilla bean in half lengthwise. Scrape out vanilla seeds.

## Very Cherry Pie

Serves 8

**Prep** 35 min; **total** 1 hour 45 min
**Plus** cooling time

| | |
|---|---|
| 6 cups | halved and pitted cherries |
| ⅓ cup | granulated sugar |
| 3 tbsp | all-purpose flour |
| 2 tbsp | lemon juice |

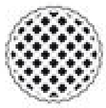
**TO ASSEMBLE**

| | |
|---|---|
| 1 | egg, beaten |
| 1 tbsp | water |
| 2 batches | Cream Cheese Pastry |
| 2 tsp | coarse sugar |

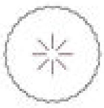
**1.** Position rack in bottom third of oven. Preheat to 350F.
**2.** Toss cherries with granulated sugar, flour and lemon juice in a large bowl until coated. Let stand, stirring occasionally, until flour is absorbed, 10 min.
**3.** Beat egg with water in a small bowl. Roll out 1 pastry disc into a 13-in. circle on a lightly floured surface. Lift onto a 9-in. pie plate set on a baking sheet. Press dough over bottom and up sides of plate, leaving a 1-in. overhang. Roll out remaining pastry disc into an 11-in. circle. Using the round end of a pastry tip, cut out a 1-in. round in centre of disc. Brush bottom crust with egg wash. Scrape cherry mixture evenly into pastry. Roll top crust around rolling pin, then unroll over filling. Trim edges, leaving 1-in. overhang. Fold top edge under bottom edge. Crimp together using your index finger and thumb, or press around edges using the tines of a fork. Lightly brush pastry with egg wash and sprinkle with coarse sugar.
**4.** Bake in bottom third of oven until golden, 1 hour and 10 min. Let stand at least 2 hours before serving, or overnight.
**Per serving** 372 calories, 7 g protein, 51 g carbs, 16 g fat, 2 g fibre, 304 mg sodium. Excellent source of vitamin A.

**PRO TIPS**

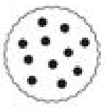
### FANCY TOPS



**THE LATTICE**
Weave the strips on parchment paper, press down, then invert on top of filling.



**THE SLIT**
Cut all the way through the dough—think puncture, not score.



**THE CUT-OUT**
Press out the shapes before you lay the dough over the filling.

## Best Blueberry Pie

Serves 8

**Prep** 25 min; **total** 1 hour 50 min
**Plus** cooling time

| | |
|---|---|
| 680 g | blueberries (about 4 ⅓ cups) |
| ½ cup | granulated sugar |
| ⅓ cup | all-purpose flour |
| 2 tbsp | lemon juice |
| 2 tbsp | unsalted butter, cubed |

**TO ASSEMBLE**

| | |
|---|---|
| 1 | egg, beaten |
| 1 tbsp | water |
| 1 batch | All-Butter Pastry |
| 2 tsp | coarse sugar |

**1.** Position rack in bottom third of oven. Preheat to 350F.
**2.** Toss blueberries with granulated sugar, flour and lemon juice in a large bowl until coated. Let stand, stirring occasionally, until flour is absorbed, 10 min.
**3.** Beat egg with water in a small bowl. Roll out pastry into a 13-in. circle on a lightly floured surface. Lift onto a 9-in. pie plate set on a baking sheet. Press dough over bottom and up sides of plate, leaving a 1-in. overhang. Scrape blueberry mixture evenly into pastry. Dot with butter. Fold pastry over toward centre, overlapping edges. Lightly brush pastry with egg wash and sprinkle with coarse sugar.
**4.** Bake in bottom third of oven until golden, 1 hour and 25 min. Let stand at least 2 hours before serving, or overnight.
**Per serving** 327 calories, 4 g protein, 44 g carbs, 16 g fat, 3 g fibre, 154 mg sodium.

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PIZZA

THROWBACK

A matching cotton sweatsuit was the height of warm-up chic.

# April 1979

## *Chatelaine* hit the indoor court

**The times** Joe Clark toppled Pierre Elliott Trudeau in the federal election, Trivial Pursuit was invented in Montreal and the Bee Gees' "Tragedy" hit number one. **The fitness fad** Racquet sports. By the late '70s, tennis was booming, with more than two million Canadians playing. But for readers unable to shell out for country clubs or court time, *Chatelaine* contributor (and Olympian) Abby Hoffman offered an 11-page guide to tennis' less posh cousins: squash, racquetball and badminton. While Hoffman admitted that "stepping into an overgrown rabbit warren to beat the daylights out of a rubber ball is ridiculous," she promised indoor racquet sports are easy to learn and provide a competitive outlet that requires a certain amount of cunning. (Not to mention a reason for wearing exceptionally snug short shorts.) Another upside for women players, according to Hoffman, was the fact that "muscular force is not an important quality." — Katie Underwood

*"Chatelaine's Guide to the Hot New Racquet Sports" by Abby Hoffman*

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